



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: June 8, 2004

SUBJECT: Kinship Care

Second Annual Expert Symposium

On July 7-8 in Washington, D.C., Carol Moore of Mountain Empire Older Citizens, Inc. will be one of thirty-five persons in the United States to participate in the second national expert symposium on grandparents and other relatives raising children sponsored by Generations United, and co-sponsored by AARP, The Brookdale Foundation Group, Children's Defense Fund, Child Welfare League of America and the American Academy of Pediatrics. Nine papers addressing: legal options, financial issues, housing, health and mental health issues, outreach and information, messaging, research and data collections, respite and educational and special education will form the symposium's agenda. Congratulations, Carol!

Kinship Care Initiative Statewide Task Force and Information Network

The Task Force will meet July 13, 2004 at 10 A.M. at the Virginia Department for the Aging in Richmond, Virginia. Items on the agenda will include: placement of children in the formal foster system with relatives; placement of children with relative caregivers in the informal foster care program and, the collection of data on children being raised by grandparents or other relatives in Virginia. Due to VDA's moving schedule, this will be a very informal meeting held in a vacant board room – not in the VDA Board Room - in our current building at 1600 Forest Avenue.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Area Agencies on Aging Executive Directors
& Transportation Managers

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: June 8, 2004

**SUBJECT: TRAIN THE TRAINER: WHEELCHAIR SECUREMENT & LIFT
OPERATIONS**

August 18, 2004 Train The Trainer: Wheelchair Securement & Lift Operations

The training is sponsored by Sure-Lok & The Braun Corporation, and will be held at the Virginia Regional Transit Authority (VRTA), Purcellville, Virginia. Contact Community Transportation Association of Virginia (CTAV) at (877) 335-2828 to register. There is no cost for this training. The training is available for 40 participants.

Rooms are available at the Comfort Suites - Leesburg (703) 669-1650 for \$89.00. Rooms are reserved under CTAV training or VRTA. Cut-off for rooms is July 30.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Deputy Commissioner, Support Services

DATE: June 8, 2004

SUBJECT: Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily.

If you aware of links that I am missing, please e-mail them to me for inclusion next week.

VDA in the News

BAGGING retirement

Richmond Times Dispatch - Richmond, VA, USA

... much longer that those over 85 and those over 100 are the fastest-growing age groups, said Jay W. DeBoer, Commissioner of the Virginia Department for the Aging ...

<http://www.timesdispatch.com/servlet/Satellite?pagename=RTD%2FMSGArticle%2FRTD_BasicArticle&c=MSGArticle&cid=1031775907922&path=/flair&s=1045855936229>

Virginia AAAs In the News

TRANSIT providers explain successes, needs

Coalfield Progress - Norton, VA, USA

Four County Transit is a public transportation provider and a service of Appalachian Agency for Senior Citizens, the agency on aging... Henson, transportation director for Mountain Empire Older Citizens, spoke for ... free to riders age 60 and older. ... every transportation system in Virginia," he said ...

<http://www.zwire.com/site/news.cfm?BRD=1283&dept_id=158551&newsid=11847495&PAG=461&rfi=9>

SENIOR Safety Fair Set

Winchester Star - Winchester, VA, USA

... Participants include State Trooper Kevin McCall, Virginia State Police; Deputy Tom Jones ... of Criminal Justice; Bill Crawford, Shenandoah Area Agency on Aging; Cpl ...

<http://www.winchesterstar.com/TheWinchesterStar/040605/Life_seNIOr.asp>

1600 Forest Avenue, Suite 102, Richmond, Virginia 23229

Telephone (804) 662-9333 (V/TTY) Fax (804) 662-9354 Toll-Free (800) 552-3402 (V/TTY)

AoA News From Around the Nation

PROBLEMS ahead in caring for adults with developmental
Atlanta Journal Constitution (subscription) - Atlanta,GA,USA ... It is funded by the US Department of
Health and Human Services' Administration on Aging, in collaboration with Heller's department. ...
<<http://www.ajc.com/health/content/health/0604/07caregivers.html>>

GET creative with aging issues
Corvallis Gazette Times - Corvallis,OR,USA
... According to the Administration on Aging, about 20 percent of older Americans age 55 and older
experience a diagnosable mental disorder during any given year. ...
<<http://www.gazettetimes.com/articles/2004/06/07/news/community/monloc03.txt>>

Other

Washington Post follow-up article on Assisted Living Facilities
<http://www.washingtonpost.com/ac2/wp-dyn/A14256-2004Jun3?language=printer>

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Deputy Commissioner, Support Services

DATE: June 8, 2004

SUBJECT: JLARC Study – Aging Population Demand For State Agency Services

As you know the 2004 General Assembly passed House Joint Resolution 103 for JLARC to study the impact of the aging population demand for state agency services.

JLARC would like to present a more complete picture of AAA funding than our AMR can provide. VDA can and has supplied information on federal and state funding. However, our reporting forms do not adequately capture local government funding.

Please complete the following table to account for the expenditures reported on the “Other Funds – Non-Federal” line submitted on your 13th month AMR report for FY2003. You do not need to report funding by individual service. However, please report funding by locality/jurisdiction. List all local governments/jurisdictions in your service area even if they did not provide any funding. Also list other funding to make the table total correctly. If the other funding is substantial (25% or more) it would be helpful to describe the source and amount separately. Finally if your agency receives additional funding from a local government for a service or program not reported on the AMR, please describe by locality the purpose of the funds and the amount.

In column 1 list the locality/jurisdiction and other source providing the funding. In column 2 list dollar amount. Identify “Other Sources” individually if 25% or more than the Total.

Other Funds – Non-Federal by Locality/Jurisdiction:	Amount
Other Sources:	
Total (must equal amount reported on “Other Funds – Non-Federal” line on the 13 th month report for FY2003)	

Additional Locality/Jurisdiction Funding Not Reported on the AMR	Amount

Please complete this form and fax or e-mail it by Friday June 18, 2004. If you have any questions, please call Warren McKeon at (804) 662-9320 or Jane Snead at (804) 662-9329.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill, Program Coordinator

DATE: June 8, 2004

SUBJECT: Cooking Classes for Elderly Men

Learning Kitchen Confidence for Good Health: Elderly Men Take Cooking Classes for Improved Nutrition is an interesting article found on MSN Health at <http://www.msnbc.msn.com/id/5068505/>. For many elderly men, women always did the cooking. According to the article, when men “. . . outlive their wives, or become their caretakers, that culinary ignorance can mean more than the loss of some of life’s simple pleasures. It can lead to poor diets that exacerbate or cause serious health problems. A growing recognition that kitchen confidence can be critical to the health of older men has medical and social service agencies around the country offering classes to help get them cooking.”

John Morley is Director of Geriatrics at Saint Louis University School of Medicine and states, “It’s more than a matter of taste . . . It’s also good medicine. Elderly men who can cook tend to be healthier because they eat better and are more social. Though there is little data on the subject, Morley estimates as many as a third of American men over the age of 80 — more than 1 million people — face nutrition-related health concerns because of an inability to cook for themselves.”

Morley praises home delivered meal programs, but sees more value in cooking classes for men, which “teach self-sufficiency and encourage participants to socialize. Men often socialize less after their wives are gone, he said. That can create a dangerous

Cooking Classes for Elderly Men

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cycle of depression and diminished appetite, both of which can become serious health concerns. Knowing how to cook also means living life independently.”

According to Rosemary Blieszner, Professor of Human Development at Virginia Tech, “Self-sufficiency actually can be harder for senior men than women. While the independent living skills older women might lack — such as home maintenance — are easily hired out, it can be more difficult, more expensive and less nutritious for men to regularly eat out or live on frozen meals.”

Per Sue Moors, a dietitian and spokeswoman for the American Dietetic Association, “Men who can’t cook are more likely to rely on fast or frozen foods, or even skip meals. Those habits not only lead to bad nutrition, but also can interfere with prescription medicines.”

Though researchers have advocated such classes for years, they only recently began showing up around the country. An example is a course in Broome County, New York that used federal grants in 2001 to create a free cooking and nutrition class for men caring for infirm wives. A broader need became apparent, and the “Men Making Meals” course was opened to widowers and men whose wives were concerned about what would happen if their husbands had to take care of themselves.

More than 100 men have completed the “Men Making Meals” program. Since the organizers believe that female classmates might intimidate some older men, the only woman in the class is the instructor. Classes are small, hands on, and include actual cooking. Basic kitchen and cooking skills, recipe reading, meal planning, grocery shopping, nutrition, and healthy convenience foods are discussed.

Please reference the website noted above for the entire article.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill, Program Coordinator

DATE: June 8, 2004

SUBJECT: *Cooking for Crowds, A Food Safety Curriculum & Website*

Penn State University developed Cooking for Crowds, a food safety curriculum to educate volunteers and nonprofit organizations that cook food as part of fundraising efforts. The curriculum includes a 108 page color manual Cooking for Crowds: A Volunteer's Guide to Safe Food Handling which can be downloaded for free or purchased for \$9.00.

The website is www.cookingforcrowds.psu.edu . It includes tools needed to teach a workshop including: marketing materials, instructor resources, teaching agendas, activities, and power point presentations, certificate, evaluations, and additional resources.

This curriculum is different from other food safety curriculum because the target audience is volunteers who usually have little or no professional foodservice training. It shows the food safety risks that can develop and how to reduce those risks so the meal is both safe and delicious. Although many of the food safety strategies are similar to those recommended to commercial food establishments, the strategies have been translated into practical methods to meet the needs of the target audience.

The curriculum was developed by a food safety specialist in the Department of Food Science at Penn State University with editing assistance from a committee composed of Cooperative Extension agents and members of the Pennsylvania Department of Agriculture. Thirteen (13) Cooperative Extension agents piloted the curriculum and taught 22 workshops with over 300 participants. As a result of the pilot classes, the curriculum was revised.

The manual includes the following chapters:

- Introduction
- Chapter 1: Why Risk It?
- Chapter 2: The Causes of Foodborne Illness
- Chapter 3: Preventing Conditions That Lead to Foodborne Illness
- Chapter 4: Safe Purchasing, Storing, Preparation, and Service for a Crowd
- Chapter 5: Planning for a Safe Event
- Chapter 6: Conducting Successful Meals, Barbecues, Bake Sales, Sub and Sandwich Sales, Home-Delivered Meals, and Temporary Events
- Chapter 7: Getting Started - How to Implement Food Safety Strategies in Your Organization's Kitchen
- Appendix, including A Food Safety Assessment of Your Organization's Food Fund-Raiser, forms and resources

The Cooking for Crowds program was evaluated and included participant pre/post tests to measure knowledge gains. Participants' plans to make changes to reduce the risk of food borne illness were also evaluated. Post workshop surveys revealed the following:

- 88% (n= 275) learned to store ready to eat foods above raw potentially hazardous foods
- 80% learned food may spend no more than 2 hours in the temperature danger zone
- 71% learned to hold hot foods at 140 degrees F or higher
- 66% learned to hold cold foods at 40 degrees F or lower
- 67% learned to check food temperatures with a calibrated food thermometer

A follow-up evaluation was mailed to participants three to six months following the workshop to determine changes in behavior. Results (N=96) indicated that 94% of participants now practice safe food handling techniques in their organization's kitchen compared to 44% before the workshop. The top three changes in safe food handling practices were:

- 1) Using thermometers to check food temperatures- 21% before workshop, 63% after
- 2) Calibrating thermometers - 16% before workshop, 61% after workshop
- 3) Using ice water bath for cooling- 34% before workshop, 48% after workshop

As a result of the program, 83% of participants (N=96) felt confident identifying unsafe food practices in their organization's kitchen, compared to 14% before the workshop.

Results from the follow-up evaluation indicated that the primary deterrents faced by participants in implementing safer food safety practices, included lack of money for new

equipment and volunteer resistance to change. As a result, the course was modified to include strategies to overcome volunteer resistance to making changes for improved food safety and low-cost food safety equipment resources.

The curriculum and all materials may be downloaded free of charge. Please give proper acknowledgment to Penn State University if incorporating the Cooking for Crowds curriculum tools into your own trainings. For more information, please see www.cookingforcrowds.psu.edu or contact: Department of Food Science at Penn State University, Phone: (814) 865-0640.

I hope you find this information useful.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill
Program Coordinator

DATE: June 8, 2004

**SUBJECT: TECHNICAL ASSISTANCE:
QUESTIONS REGARDING CONGREGATE NUTRITION SERVICES**

I am going to start sharing questions that I receive from Area Agencies on Aging, my responses, and resulting technical assistance. I hope you find the information useful.

Volunteers at the Congregate Meal Site

Question: It is my understanding that congregate volunteers who do volunteer services for the nutrition program and eat a meal do not have to complete a Virginia Quick Form (UAI) and that all is needed is their legal name, attendance/meal counts, and their social security number if you can get it when entering them into AIM. Is this true?

Response: We used to require that a UAI be completed on an individual who provides volunteer services during the meal hour at the congregate meal site, but no longer it. A volunteer who provides services during the meal hour can receive an eligible congregate meal. Their legal name, number of meals, and social security number are used and entered into the AIM system. Senior congregate nutrition participants who volunteer at the site are considered clients first and should receive the assessment required for congregate nutrition participants. Please see the VDA Congregate Nutrition Service Standard - Service Delivery Elements: Assessment.

TECHNICAL ASSISTANCE: QUESTIONS REGARDING
CONGREGATE NUTRITION SERVICES
Page 2 of 4

Second Helpings at Congregate Meal Sites

Question: Why Can't a Second Helping Be Counted as a NAPIS Eligible Meal?

I have included a message from Joseph (Joe) Carlin, MS, RD, FADA, Regional Nutritionist, and our liaison, from Administration on Aging.

Response from Joe Carlin: Basically, if the senior eats a full 1/3 RDA complete second meal for lunch (including everything - meal, milk, desert, bread, etc.) you could count it - but it seems like it would be unlikely. Of course if you are giving them meals to take home or eat at another sitting that's a different situation and okay as long as it's 1/3 RDA.

Second Full and Complete Congregate Meal

Question: We understand that second helpings are not counted as a NAPIS eligible congregate meal. However, if a congregate participant eats a full complete 1/3 RDA NAPIS eligible second meal at the same seating - can that be counted as a second meal for that person?

Response from Joe Carlin: This is a very good question and it comes up from time to time. This is a question that should be viewed as both a nutritional and a management issue. All meals served in the program are to be at least 1/3 of the RDA. It is difficult to meet this standard unless the total calories in the meal are between 750 and 800 Kcal. That is a generous serving of food meaning that it is probably the largest meal of the day for most seniors. Every study done of the ENP program dating back to the 1970s has confirmed that the meals served by the various SUA average between 40 and 50% of the daily caloric needs of seniors. If two meals are served, meaning a traditional breakfast and a noontime lunch the two meals combined should at least equal 2/3 of RDA.

If extra food is available participants should be invited to have a second helping. Experience has taught us that few women will come back for seconds but men will go back for seconds if offered an opportunity. The caloric needs of men are generally higher. I think it is highly unlikely that many seniors will want to eat two "complete 1/3

TECHNICAL ASSISTANCE: QUESTIONS REGARDING
CONGREGATE NUTRITION SERVICES
Page 3 of 4

RDA eligible 'meals' at the same seating." For most seniors, that would be equivalent to participating in a hotdog-eating contest.

Because the noontime lunch is already generous in calories, it is very easy to meet the 2/3 of RDA mark with maybe just 1/2 of an average meal. But, it would probably be deficient in individual nutrients unless the individual also ate another apple and had a second carton of milk with the second helping.

Given the attention the issue of obesity is receiving, encouraging seniors to eat more, by encouraging the practice, is counter intuitive for a nutrition intervention program. This is really a management issue. How is the program going to build into their planning the service of these second meals consumed at one seating? In order to discourage this practice, the service provider should be encouraged to provide extra food in the form of second helpings to those who really need it, but for that extra food to be considered only part of the original meal and counted as one meal. If there are people who could benefit by a two-meal a day program then the program should explore the idea of some combination of a breakfast and lunch or lunch and dinner program to meet their needs. In some rare cases, a three-meal a day program would be appropriate. I hope this information helps to answer the question.

Transportation

Question: A question has come up and I can't find anything in writing that says VDA or the OAA requires that the Congregate Meal Participants be offered weekly trips that include grocery shopping, clothes shopping or to have a lunch out. Do you know of such a ruling? Our senior center programs offer these trips and AAA supports them as a great benefit to the participants but the subcontractor says it's a requirement under the VDA/OAA rules.

Response: Evidently, a long time ago the nutrition program had a support services category that allowed agencies to spend a portion of their funds on things such as transportation to grocery shopping, etc. However, we don't remember any past requirement that the agency had to provide these weekly trips. Fast forward to today - it's not a requirement. I think it's a nice thing to be able to provide to the participants, but with budgets being cut we do not require it.

TECHNICAL ASSISTANCE: QUESTIONS REGARDING
CONGREGATE NUTRITION SERVICES
Page 4 of 4

Transportation to the Meal Site

Question: The spouse under 60 is eligible for a congregate meal. Are they also eligible for the transportation to the congregate site and can it be paid with OAA funds?

Response from Joe Carlin: Interesting! I have never received this question before but I would answer it this way. The reason we include spouses under 60 is to not embarrass or inconvenience the eligible participant. They therefore become an eligible participant. By extension, they are eligible for transportation to the meal site. Yes, this transportation can be paid with OAA funds.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: June 8, 2004

SUBJECT: Best Practices – Needs Assessment

The City of Alexandria Commission on Aging has produced the Final Report of its Needs Assessment Summary for Alexandria's Seniors Age 60 and Over. The report was prepared with the support of the Office of Aging and Adult Services and the city's Department of Human Resources. Published in March 2004, the report contains the purpose of the needs assessment, data collection, demographic information, survey results, trends and commission recommendations. Appendices include a national trends report, the individual survey and provider survey.

Focusing on the areas of health, housing, public safety, education and cultural affairs, income and employment and access and community affairs, the report gives guidance to the Commission for future planning to meet the needs of Alexandria's senior population. 9,346 surveys were mailed to Alexandria seniors. 25% or 2,336 individuals responded to the survey. The SurveyPro computer program compiled the responses and a DHS consultant analyzed answers to open-ended questions. If you are considering a needs assessment of your locality's aging population, you may want to consult the attached pdf. file of ***A Needs Assessment Summary of Alexandria's Seniors Age 60 and Over***. Questions on the survey and its methodology can be directed to Debbie Ludington at the City of Alexandria Office of Aging and Adult Services – (703) 838-0920.

“Alexandria is the Place to Grow Old”

A Needs Assessment Summary for Alexandria's Seniors Age 60 and Over

Prepared by the Alexandria Commission on Aging

with Support from the

Office of Aging and Adult Services
and the
Department of Human Services



Final Report
March, 2004

Commission on Aging Needs Assessment Survey for Seniors

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**Alexandria Commission on Aging
2003 Needs Assessment
Final Report - March, 2004**

The Commission on Aging would like to acknowledge and extend its appreciation to City Manager Phil Sunderland and his staff, the Department of Human Services and the Office of Aging and Adult Services for their support and assistance throughout this Needs Assessment process.

I. Introduction

The Alexandria Commission on Aging, is a twenty-one member commission, appointed by the City Council, that serves as the principal advocate for issues relating to aging and promotes the implementation of the Older Americans Act and other age-pertinent laws and policies in Alexandria and the Commonwealth of Virginia. The Commission advances programs and services that address the needs of older Alexandrians, especially for, but not exclusively, low income citizens.

Commission make up is as follows: sixteen citizen members, eleven of which shall be 60 years of age or older including minority individuals; and one representative from each of the following categories: older persons, a health care organization, a supportive service provider, an individual with leadership experience in a volunteer organization, and one local elected official or his or her designee.

The work of the Commission on Aging takes place largely within its five sub committees. The results of this Needs Assessment will be analyzed as they apply to these five areas.

Health

Housing

Public Safety

Education and Cultural Affairs

Income and Employment

Access and Community Services

II. Purpose of the Needs Assessment

The Commission on Aging is dedicated to identifying and meeting the needs of Alexandria's seniors, particularly those of low income. In order to be effective in this role, the Commission

periodically assesses the needs of its constituents, and develops plans accordingly. Information gained from this assessment will be used to advocate for needed services, educate City and State legislators and support requests for funding.

III. Data Collection

During late 2002 and early 2003, two survey instruments were developed by the Commission on Aging and DHS staff. Input was received from each sub committee, and compiled into two comprehensive surveys. The first survey was geared towards Alexandria residents, age 60 and older (Appendix A). Before the survey was finalized, it was reviewed by four professionals who had extensive experience and expertise in the area of needs assessment. Changes were made to improve the effectiveness of the survey and it was then field tested with 2 diverse target groups of seniors. Additional changes were made to the instrument before it went to print.

A total of 9346 surveys were mailed to seniors in Alexandria. Mailing lists were developed from various sources to ensure a wide range of seniors would have the opportunity to complete the survey. Additionally, seniors could call the Office of Adult Services for assistance filling the survey out over the phone, they could enlist the assistance of social workers or other service providers and lastly, participants at the St. Martins Senior Center were given the opportunity to complete the survey with the assistance of a Farsi interpreter. A total of 2336 (25%) completed surveys were returned. The responses from these surveys were compiled by a specialized computer program, SurveyPro. Opened ended responses were categorized and analyzed by a DHS Consultant.

The second survey instrument was geared towards Provider organizations that serve seniors in various capacities (Appendix B). These providers were public, private, for profit and non-profit organizations. Surveys were developed in English and Spanish. Of the 178 surveys mailed to providers, 24 (13%) completed surveys were returned. These responses were analyzed by a DHS Consultant.

Information from the 2000 United States Census was analyzed in great detail to form an overview of seniors in Alexandria, in the state of Virginia and in the United States as a whole. Specifics from this research are contained in the Demographic Overview section of this report.

Lastly, information was gathered regarding National Trends in Aging (Appendix C). This information was gathered by Commission on Aging members and a DHS Consultant.

IV. Demographic Overview

Based on Census 2000 Data, The City of Alexandria is a very diverse community of 128,283 residents. Seniors age 60 and over comprise 12% of its citizenry, or 15,473 persons. This is an increase of 1.8% from the 1990 Census. The majority of seniors, 50.4%, live west of Quaker Lane, a 13% increase over the last 20 years. This is in keeping with a western shift in the overall population. Concentrations of seniors reside in the 22311 Zip code which contain the senior housing communities of Goodwin House, the Hermitage and Washington House, which together can house approximately 940 seniors, or 6% of those over 60. Elsewhere in the City, 494 seniors, or 3% of those over 60, reside in nursing homes or assisted living facilities. Below are two tables of Census 2000 demographic information. Table I is a snapshot of the entire City of Alexandria, as compared to the State of Virginia, and the United States as a whole. Table II contains demographic information of Alexandria residents age 60 and over.

Table I: Alexandria City - all citizens

Population	Alexandria Census Data	Virginia Census Data	U.S. Census Data
Total number of people	128,283	7,078,515 (12 th highest of all states)	281,421,906
Population Density - people per square mile	8,452	178.8	79.6
% People under age 5	6.2	6.5	6.8
% People age 18 and over	83.2	75.4	74.3
% People age 60 and over	12	15.1	16.2
% People age 65 and over	9.0	11.2	12.4
% People age 85 and over	1.3	1.2	1.5
Median Age	34.4	35.7	35.3
Racial and Ethnic Diversity - all ages			
% White	59.8	72.3	75.1
% Black/African Amer.	22.5	19.6	12.3
% Hispanic - this is considered an ethnicity by the Census, not a race	14.7	4.7	12.5
% Asian/ Pacific Islander	5.8	3.8	3.7
Median Value - Single Family Home	\$252,800	\$125,400	\$119,600
Median Household Income	\$56,054	\$46,677	\$41,994
% of Families Below Poverty Level	6.8	7.0	9.2
% of Individuals Below Poverty Level	8.9	9.6	12.4

Table II: Alexandria City - age 60 and over - except where noted otherwise *

Age	Number of People	Percentage of Seniors age 60 and above	Percentage of total Alexandria Population
People age 60 and over	15,473	100	12.1
People age 60-64	3,868	25	3.0
People age 65-74	5,695	37	4.4
People age 75-84	4,204	27	3.3
People age 85 and over	1,706	11	1.3
Racial and Ethnic Diversity - all ages			
White	11,649	75	9.0
Black/African Amer.	2,616	17	2.1
Hispanic - this is not considered a race by the Census, but rather an ethnicity	676	4.3	.53
Asian / Pacific Islander	710	4.6	.54
* Household Income - Ages 65 and up	Number of Households	*Percent of Households of those 65 and up	Percent of all Alexandria Households
Under \$10,000	921	12	1.5
\$10,000 - \$20,000	982	13	1.6
\$20,000 - \$30,000	846	11	1.4
\$30,000 - \$50,000	1438	19	2.3
Over \$50,000	3308	44	5.3
*Non-Institutionalized age 65 and above with a disability	38.8%		
*Senior householders age 65 and above who are homeowners	4,839 Households - 63%		
*Senior householders age 65 and above who are renters	2,798 Households - 37%		

V. Survey Results

Response to the individual survey was excellent, not only in terms of the numbers of surveys completed, but also in representation of Alexandria seniors as a whole. Demographics for age, race, income and geographical distribution were evaluated, and the results closely mirrored those of the 2000 Census data. There were two areas where there were discrepancies. First, those seniors who self identified as Hispanics were under represented, as were residents living in the 22311 zip code area. It may be worthwhile to hold community meetings to reach out to the Hispanic community to gather additional input. In terms of under representation by seniors in the 22311 zip code area, this is not a problem, due to the fact that this zip code area contains several Continuing Care Communities. The needs and services available to seniors living in these communities are met by the facilities in which they live and would not represent seniors as a whole. Therefore, there is not a need to gather more information from this group of seniors.

Response to the provider survey was lower than anticipated, however, a wide variety of providers responded including public and private agencies, for profit as well as non profit agencies, church based programs, health related providers, volunteer organizations, and residential facilities.

The results of the surveys were broadly analyzed according to individual and provider responses. The data was then stratified and analyzed according to the Commission on Aging Sub-Committee study areas. Where applicable, information from the National Trends Report will be incorporated into this later analysis.

A. Overview of Individual Survey Responses:

♦ Most important issues for seniors: of 2121 Respondents (91%)		
<u>Issue</u>	<u># of responses</u>	<u>% of respondents (more than one response was allowed)</u>
Medical care	1617	76
Enough money to live on	958	45
Transportation	705	33
Friends and things to do	631	30
Help so I can stay in my own home	585	28
Place to live	343	16

◆ **Most important needs of seniors if they didn't have enough money: of 688 Respondents (29%)**

<u>Need</u>	<u># of responses</u>	<u>% of respondents (more than one response was allowed)</u>
Prescription drug coverage	324	47
Home repairs	243	35
Help so I can continue to live in my own home	167	24
Help paying utility bills	143	21
Food	134	19
Housing/Rent	132	19
Transportation	123	19

B. Overview of Provider Survey Responses:

◆ **Greatest immediate unmet need for seniors:**

<u>Need</u>	<u># of Respondents</u>	<u>% of Respondents</u>
Low income housing	7	29
Assisted living beds	4	17
Prescription drugs	3	13
Referral services	3	13

◆ **Greatest need for seniors in the next 10 years:**

<u>Need</u>	<u># of Respondents</u>	<u>% of Respondents</u>
Home care / able to age at home	6	25
Housing	6	25
Pay for prescription drugs and health insurance	3	13
Wellness programs	3	13

C. Overview of Survey Responses as they pertain to Commission on Aging Sub-Committees

1. Health Committee:

Individual survey results indicate that health care is a major concern among Alexandria's seniors. Medical care in general ranked as the top priority regardless of age, household income, or race or ethnicity. Prescription drug coverage specifically, was ranked as the greatest need for seniors regardless of age, race or ethnicity. It ranked as the greatest need for those whose yearly household income was under \$25,000. Prescription drug coverage ranked as the second highest need for those with higher income. When asked as an open ended question, what else seniors wanted the Commission on Aging to know, the high cost of prescriptions drugs received the second highest number of comments.

Survey results show that Medicare is the primary source of health insurance for Alexandria Seniors (40%), while 2.3% of all seniors have no insurance. These uninsured seniors represent 5% of those age 60-64 and 3% of those over 90. The majority of the uninsured seniors have incomes less than \$12,000 per year.

For those seniors who felt they had health problems for which they had not been able to find professional care (9%), the underlying reasons were overall cost (49%), cost of prescription drugs (41%) and transportation problems (20%). Of the 18% of Asian respondents that indicated they had unmet health needs, not being able to find a doctor was the primary problem.

Although 88% of all respondents indicated they did not need help with activities of daily living, those seniors age 80 and above, or those with annual income below \$10,000 needed the most help. Assistance was needed in the areas of walking, getting out of the house, cooking, bathing and dressing. Survey responses indicate that 25% of respondents who did not have enough money needed help to continue living in their own home. This need manifests itself in real numbers with close to 80 seniors waiting for in home companion care services from the Office of Aging and Adult Services.

Nutrition did not seem to be a pressing need for most Alexandria seniors. Just over 93% indicated they were eating good meals every day and 97% indicated they did not need prepared meals delivered to their homes. The Asian respondents were the exception, with 14% in need of home delivered meals. This exception holds true of National Trends, where nutrition services are often the point of entry into the service system, particularly for minorities.

2. Housing Committee:

Most Alexandria seniors were satisfied with their housing (87%). Of those that were not satisfied, cost was the overwhelming issue (50%), followed by need of house repairs (29%), and housing that was too small (18%). Census data shows that the cost of housing in Alexandria is extremely high. The median value of a single family home in Alexandria is \$252,800, double the median value of an average single family home in Virginia of \$125,400. Census data further indicates that Alexandria's slow growth in seniors over the last ten years may be due in part to the high cost of home ownership and rental properties. Older seniors who own their homes and no longer have a mortgage are less affected by rising housing costs than younger seniors looking to move into Alexandria.

As indicated in the overview, home repairs ranked as the second area of need for those seniors who did not have enough money. This is supported by the fact that 58% of survey respondents indicated their home was over 30 years old. When asked what additional services seniors needed, 17% indicated services related to housing (rent and tax relief, repairs, utility assistance.) The survey indicated that only a small percentage of respondents receive tax or rent relief. This may indicate a lack of knowledge of services available in the community, rather than a lack of services themselves.

The desire to remain in one's own home, to 'age in place', was obvious by the responses received. The desire was highest among Black/African American seniors (54%), followed by White seniors (40%). Of those with plans for the future when they are no longer able to manage on their own, 41% plan to remain in their own home with assistance. Of the remainder, 18% plan to move to a retirement community, 9% plan to move into assisted living, 9% will move out of the City of Alexandria. While there are several retirement communities in Alexandria, there are very limited assisted living options for the low to moderate income senior, so the potential for seniors moving out of the City when they are no longer able to manage on their own is high.

3. Public Safety:

From an overall perspective, the vast majority of Alexandria seniors feel safe in their home (97%), in their community (94%), and in their family (98%). When looking more closely however, 6% of Black/African American seniors do not feel as safe, 6% of those with yearly incomes under \$10,000 do not feel as safe, and 6% of those age 85-90 don't feel safe. Anecdotal data provides additional evidence that in addition to these areas of public safety, the area of financial exploitation remains of high concern for Alexandria seniors. During the Fiscal Year 2004, the Office of Aging and Adult Services, OAAS, received six reports alleging financial exploitation. During this current Fiscal Year, which ends on June 30, 2004, OAAS has already received seven reports alleging the same exploitation.

4. Education and Cultural Affairs:

The survey indicates that 19% of respondents utilize recreation programs or senior centers and that 17% of respondents feel there are not enough opportunities to get together/meet with others in the community. In terms of educational classes, only 11% indicate they take them, with the majority of participants in two primary categories: those with higher incomes, and the younger seniors, age 60-64. Most respondents (49%) state they are not interested in taking classes, while some (11%) don't know where to take them. The range of responses when asked what educational or cultural activities are needed in Alexandria was varied, ranging from many requests for computer classes, volunteer opportunities, day trips, Shakespeare, and more. Many of these activities are currently offered in Alexandria, so the issue may be one of informing seniors as to what is already available, more so than increasing opportunities.

In the area of cultural diversity, the survey indicated that 6% of respondents felt that their ethnic group had unmet needs. However, it was difficult to determine, based on open ended answers what those unmet needs were.

5. Income and Employment:

After medical care, having enough money to live on was the second most important issue for seniors in Alexandria. When asked if they had enough income to meet basic needs, the vast

majority (74%) that answered they did not, had annual incomes of less than \$25,000. In terms of racial/ethnic breakdown, 46% of Black/African Americans felt they did not have enough income for basic needs, 32% of Asians felt this way, and 13% of White seniors felt this way. Those seniors age 75-79, and those over 90 were most likely to feel they did not have enough income for basic needs (22%) of each group.

A parallel finding of this survey indicates that those seniors with annual incomes of less than \$25,000 received money from other people to help pay some of their living expenses. Although a very small percentage of older Alexandrians (less than 1%), 57% of American Indians or Alaskan Native seniors receive money from other people to help pay some of their living expenses. This compares to 13% of Black/African Americans and 8% of White seniors.

Of those responding to questions concerning employment, 30% of seniors 60 and older responded they were working or seeking employment. This is unusually high compared to the nationwide average of 12% for seniors 55 and over and 17% for the Washington area. Twice as many women reported they were employed or seeking employment in all income levels up to \$30,000 per year, at which point, it began to even out until after incomes of \$50,000 per year when the number of males who reported they were working or seeking employment was 75% larger than the number of females.

Across all age bands, from 60 to over 80 years of age, females were twice as likely as males to be in the lowest income levels. Not until the yearly income range of \$30,000 - \$49,999 did it even out, and at yearly incomes of \$50,000 or more, males outnumbered females 65% to 35%.

6. Access and Community Services:

Transportation surfaced as the third most important issue for seniors regardless of age. It became an even more important issue for seniors over age 80, who ranked it as the second most important issue. Of all seniors, 315 indicated that transportation was a problem. Perhaps the most significant finding of this survey regarding transportation, was that 56% of respondents did not know about special transportation programs for seniors. Those most likely not to know were the younger seniors age 60-64 (69%), those with annual incomes over \$50,000 (63%), and White seniors (56%). As stated previously, these findings may indicate a lack of knowledge and not a lack of services.

D. General Responses

The majority of questions were specific, geared towards gaining specific kinds of information. Several questions, however, were open ended in order to provide the opportunity for seniors to give us information that they thought was important and pertinent to their lives.

Although some respondents felt the survey was not needed, the overwhelming majority of responses focused on how impressed seniors were with the range and quality of services offered by the City of Alexandria and other providers. As one senior said, "Alexandria is the place to grow old." Many wanted more information about what was available, and some wanted specific information and assistance. For those that provided a phone number, they were contacted directly.

VI. Trends

As Alexandria moves forward in time, what will the City look like? Although the U.S. Census does not have projected populations figures for Alexandria specifically, national and state trends can give us a glimpse of the future for Alexandria. Overall, the population of the U.S. is expected to rise 22% by the year 2025. Virginia is expected to have a 29% increase in population during that time frame, the 18th highest in the nation. During that same time frame, Virginia is expected to increase its immigrant population by 605,000, 8th highest increase in the nation.

As the baby boomers age, (those born between 1946 and 1964), the numbers of seniors will increase. In Virginia, between the years 2000 and 2015, there is projected to be a 40% increase of seniors over the age of 65, or 316,667 additional seniors. Between the years 2000 and 2025, there is projected to be a 91% increase of seniors, or 722,667 additional seniors.

In the Southern part of the U.S., which includes Alexandria, the racial/ethnic breakdown of population increase will look like this by the year 2025:

<u>Race/Ethnicity</u>	<u>% of population increase</u>
White	35.2
Hispanic	32.2
Black	25.8
Asian	6.1
American Indian	0.7

VII. Commission on Aging Recommendations

1. Survey data, as well as anecdotal evidence strongly suggests the need to develop a comprehensive outreach plan to inform seniors and their families about services and programs that are currently available in the community and how to access them. This plan should be ongoing and fluid, and include traditional as well as innovative new ideas that are targeted to reach across the wide spectrum of Alexandria seniors. The Commission will work with the Department of Human Services and other City and private agencies to develop an outreach plan.
2. Census Data clearly shows that the number of the City's oldest seniors, age 75 and above, is growing considerably faster than any other senior age group. These individuals will need the costliest services, including in home companion care, community based care and assisted living. The Commission strongly suggests recommendations in these areas:
 - A. Increasing funding for in home companion care services by an amount sufficient to eliminate the current waiting list for these services, and provide additional services for eligible seniors.

- B. Support the Assisted Living Work Group in every possible way. Since the closure of the Alexandria Residential Care Home, (ARCH), affordable assisted living for the low and moderate income senior is virtually non-existent in the City. The Commission suggests the allocation of substantial funds in the near future, based on the Assisted Living Work Group's recommendations, to help support this endeavor.
 - C. Study the feasibility of a Program for All Inclusive Care for the Elderly, (PACE). PACE programs, in conjunction with Medicare, Medicaid and private pay sources, provide all of the needed preventive, primary, acute and long term care services to enable nursing home eligible elderly to continue to live in the community. Work collaboratively with Arlington and Fairfax Counties to study the possibility of a Northern Virginia PACE program.
- 3. Affordable Housing in the City, both home ownership and rental properties, is next to impossible to find. The Commission supports expansion and development in this area. Without affordable housing, many seniors will not be able to remain in the City. The Commission supports research into areas of housing for seniors to include subsidized housing, homeless shelters, and Naturally Occurring Retirement Communities,(NORC).
 - 4. Transportation for Seniors, particularly for low income and disabled seniors, continues to pose serious problems. The Commission recommends continued efforts to maintain City control of taxi certificates, resolution of the price differential between Senior Taxi and DOT Paratransit services, and permanent funding of the Senior Taxi Extension Service.
 - 5. Work jointly with other City department as well as local non-profit agencies and other interested parties to develop a network of resources to assist seniors in obtaining prescription medications. Track Medicare Prescription Legislation to keep Alexandria Community educated and informed about its implications.
 - 6. The Commission supports the continuation of the Living Wage Ordinance in the City of Alexandria to benefit the efforts of our working seniors. We also strongly encourage the City to enhance employment programs for seniors, especially for women in low income groups.

**A Report on National Trends in the Aging Population
for the Alexandria Commission on Aging's Needs Assessment for Seniors**

In recent years, many research projects and studies have been done to determine nationwide trends in the aging population. The information gathered provides a source of comparison for the Alexandria Needs Assessment. Each community faces its own unique challenges and is obligated to gear its services to its own group of seniors. A look at what is being done across the country provides support and incentive to each local effort.

The National Association of Area Agencies on Aging has identified four areas in which consistent trends in aging services are found. The areas are long term care, transportation, nutrition and exercise, and housing. In each of these areas, the focus was on a growing population of healthy seniors whose needs must be met along with those who experience failing health and disabilities. Wellness programs and other activities which serve a healthy population of seniors are on the rise.

In the area of long term care, there is an increasing awareness of the need to support family caregivers. Nearly one in four households is involved in care giving for persons ages 50 and older. Community based programs, such as educational programs, support groups, and respite services are increasing. State and local policy makers are being urged to continue to offer financial support and incentives to those who are willing to care for aging relatives in their homes.

In suburban and rural areas, home to nearly 80% of the older adult population, destinations are often too far to walk, public transit is poor, taxis are costly, and special services are limited. Most communities are struggling to provide transportation services which are safe, reliable, and affordable. Service providers recognize that transportation is a vital link to preventing loss of independence, isolation, and depression.

In the area of nutrition and exercise, the study found that community based nutrition services are often an entry point for seniors to become aware of other offered services. Especially for ethnic minority older adults, culturally appropriate meal programs have provided socialization as well as improved nutrition. Fitness programs are increasingly offered as a way to prevent injury and illness. With a growing population of healthy seniors who are able to participate in such programs, even those in their mid-nineties can increase muscle strength, bone density and balance. Focus on improving health rather than merely maintaining it is the trend.

Housing continues to be the greatest need for many older adults. The preference to remain in one's own home and community for as long as possible has not changed. An insufficient supply of affordable housing is common nationwide. Policy makers are advocating for increased financial assistance at the state and federal levels to support aging in place for the majority of older adults who want to stay in their homes. Home care providers and household modifications are greatly in demand to achieve this goal.

In 2000-2001, the National Council on Aging conducted a study to find out about innovative community programs and the obstacles they faced. Most of these programs were developed locally to coordinate with other local agencies in providing unduplicated, comprehensive services.

The NCOA study found that nearly three out of four programs included the active participation of the family as a standard feature of the service. The most common services needed were case management, caregiver respite, social stimulation, personal care, and adult day services. Educational programs most often covered topics aimed at wellness and disease prevention, such as nutrition/diet, physical activity, appropriate use of medications, and health literacy.

While there is evidence of a growing trend to provide services for middle income, independent seniors, over half of the programs surveyed in the NCOA study served clients over 75 and low income. In two-thirds of these programs, clients were served for more than a year, suggesting increased continuity of service. Programs that were able to partner with other public and private organizations sustained themselves longer over the long term. The leading barrier to program expansion was funding. Shortages of volunteers, too many rules and regulations attached to funding sources, and staff shortages were other significant barriers.

According to the NCOA study, target populations in greatest need continue to be minorities, persons of low income, those over age 75, and those in rural areas.

The Special Committee on Aging submitted a report in February of 2003. The report suggested that older Americans are living longer and healthier lives. We should expect increased participation of older persons in the work force, which will contribute to an increased sense of well being overall for our nation.

Information Sources:

"National Survey of Health and Supportive Services in the Aging Network" The National Council on the Aging, James Firman, Ed.D, President & CEO The Robert Wood Johnson Foundation 2001

"National Area Agencies on Aging Issues and Policies Report" National Area Agencies on Aging 2003

"Statement of Alan Greenspan, Chairman, Board of Governors of the Federal Reserve System, before the Special Committee on Aging, United States Senate" February 27,2003

*we can make
Alexandria
an even better
place to live.*

Alexandria Commission on Aging 2003 Needs Assessment Survey for Seniors

The Alexandria Commission on Aging wants your help to find out what Alexandria's senior citizens need. If you are at least 60 years old and live in the City of Alexandria, please take a few minutes to fill out this survey and mail it back in the stamped envelope provided. Please return the survey by February 28, 2003. If you have questions, need help completing this survey or need this survey in a different language, please call the Office of Aging and Adult Services at 703-838-0920. Thank you.

Your responses are for the use of the Commission on Aging and will remain confidential.

1 Please check the 3 most important issues for you:

- | | |
|--|---|
| <input type="checkbox"/> Medical Care | <input type="checkbox"/> Help so I can stay in my own house |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Enough money to live on |
| <input type="checkbox"/> Getting enough to eat | <input type="checkbox"/> Friends and things to do |
| <input type="checkbox"/> Place to live | <input type="checkbox"/> Other _____ |

2 Are you satisfied with your housing?

- ☐ Yes ☐ No

3 If you answered NO, why not? (check all that apply)

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Costs too much | <input type="checkbox"/> Too small |
| <input type="checkbox"/> Location | <input type="checkbox"/> Needs repair |
| <input type="checkbox"/> Too big | <input type="checkbox"/> Other _____ |

4 How old is your home?

- ☐ Less than 10 years old
☐ 11 - 20 years old
☐ 21 - 30 years old
☐ over 30 years old
☐ Don't know

5 Do you receive real estate tax relief?

- ☐ Yes ☐ Uncertain ☐ No

6 Do you receive rent relief?

- ☐ Yes ☐ Uncertain ☐ No

7 Do you find that your income is enough to meet your basic needs?

- ☐ Yes ☐ No

8 If you don't have enough money, for what do you need money? (check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Home Repairs | <input type="checkbox"/> Food |
| <input type="checkbox"/> Recreational Activities | <input type="checkbox"/> Help so I can continue to live in my home |
| <input type="checkbox"/> Housing/Rent | <input type="checkbox"/> Help managing my money |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Help paying utility bills |
| <input type="checkbox"/> Prescription Drug coverage | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Medical care | |

9 Do you have any health problems for which you have not been able to obtain professional care?

- ☐ Yes ☐ Uncertain ☐ No

If YES or UNCERTAIN, what are the main problems preventing you from getting proper care? (check all that apply)

- ☐ Costs too much
- ☐ Transportation
- ☐ Can't find a doctor
- ☐ Doctors don't take me seriously
- ☐ Can't afford prescription drugs
- ☐ Other _____

1 Do you need help with any of these activities? (check all that apply)

- ☐ Don't need help
- ☐ Dressing
- ☐ Cooking
- ☐ Using the bathroom
- ☐ Getting out of bed into a chair
- ☐ Bathing
- ☐ Walking
- ☐ Getting out of the house
- ☐ Other _____

2 Do you have plans for when/if you are no longer able to manage on your own?

- ☐ Yes
- ☐ No

13 If you answered YES to the previous question, please share your plans:

- ☐ Will move in with my adult children or other relative in Alexandria
- ☐ Will remain in own home and get help
- ☐ Will move to retirement community
- ☐ Will look for cheaper housing
- ☐ Will move to Assisted Living Facility
- ☐ Will move into Nursing Home
- ☐ Will move out of the City of Alexandria
- ☐ Other _____

14 What kind of health insurance do you have?

- ☐ No Insurance
- ☐ Medicare
- ☐ Medicaid
- ☐ Private Insurer
- ☐ Other _____

15 Are you eating good meals every day?

- ☐ Yes
- ☐ No

16 If NO, why not? (check all that apply)

- ☐ Costs too much
- ☐ Shopping is hard for me
- ☐ Cooking is hard for me
- ☐ Other _____

17 Do you need prepared meals delivered to your home daily?

- ☐ Yes
- ☐ No

18 Do you feel safe in your home?

- ☐ Yes
- ☐ No

19 Do you feel safe in your community?

- ☐ Yes
- ☐ No

20 Do you feel safe in your family?

- ☐ Yes
- ☐ No

21 Is transportation a problem for you?

- ☐ Yes
- ☐ No

22 Do you know about the special transportation programs for seniors?

- ☐ Yes
- ☐ No

23 Are you presently taking any educational classes?

☐ Yes ☐ No

24 If NO, why not? (check all that apply)

☐ Not interested in taking classes

☐ I can't get to classes

☐ Don't know where to take classes

☐ There are no classes that I like

☐ Other _____

25 In your opinion, what educational or cultural activities are needed for seniors that are not available at present?

26 Do you feel you have enough opportunities to get together/meet with others in the community?

☐ Yes ☐ No

27 If NO, why not? (check all that apply)

☐ I don't want to

☐ Too much trouble

☐ Don't know how

☐ Don't know where

☐ Other _____

28 Does your ethnic group have needs that are not being met?

☐ Yes ☐ No

29 If YES, please tell us what those needs are:

30 Which of the following services do you use? (check all that apply)

☐ Senior Centers

☐ Adult Daycare

☐ Companion Services

☐ Meals on Wheels

☐ Transportation

☐ Rent relief

☐ Tax relief

☐ Food Stamps

☐ Utility (heating/cooling) assistance

☐ Life Safety Alert

☐ Recreational Programs

☐ NONE

☐ Other _____

31 Do you need more services?

☐ Yes ☐ No

32 If YES, please tell us what services you need:

33 What is your Zip Code? _____

34 Are you Spanish/Hispanic/Latino?

☐ Yes ☐ No

35 What is your race?

☐ White (includes Arabian, Caucasian)

☐ Black, African American or Negro

☐ American Indian or Alaska Native

☐ Asian Indian

☐ Chinese

☐ Filipino

☐ Japanese

☐ Korean

☐ Vietnamese

☐ Other Asian

☐ Native Hawaiian

☐ Guamanian or Chamorro

☐ Samoan

☐ Other Pacific Islander

☐ Other _____

36 If you were born outside the United States, where (City/Country) were you born?

37 What is your age?

- | | |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> 60-64 | <input type="checkbox"/> 80-84 |
| <input type="checkbox"/> 65-69 | <input type="checkbox"/> 85-90 |
| <input type="checkbox"/> 70-74 | <input type="checkbox"/> Over 90 |
| <input type="checkbox"/> 75-79 | |

38 Please check one:

- ☐ Female ☐ Male

39 What is your marital status?

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Married | <input type="checkbox"/> Separated |
| <input type="checkbox"/> Widowed | <input type="checkbox"/> Never Married |
| <input type="checkbox"/> Divorced | <input type="checkbox"/> Other _____ |

40 What is your household income for 2002?

- | | |
|--|--|
| <input type="checkbox"/> Under \$10,000 | <input type="checkbox"/> \$20,000-24,999 |
| <input type="checkbox"/> \$10,000-11,999 | <input type="checkbox"/> \$25,000-29,999 |
| <input type="checkbox"/> \$12,000-14,999 | <input type="checkbox"/> \$30,000-49,999 |
| <input type="checkbox"/> \$15,000-19,999 | <input type="checkbox"/> \$50,000 and over |

41 How many people in your household depend on this income? _____

42 Does anyone else provide money to pay for some of your living expenses?

- ☐ Yes ☐ No

43 Are you working now?

- | | |
|--|--|
| <input type="checkbox"/> Retired and not working | <input type="checkbox"/> Unemployed and looking for work |
| <input type="checkbox"/> Retired and working part time | <input type="checkbox"/> Homemaker |
| <input type="checkbox"/> Employed full time | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Employed part time | |

44 Is there anything else you feel is important to consider when we look at the needs of seniors in the City of Alexandria?

Thank you for taking the time to complete this survey; it is appreciated!

Please mail the completed survey back in the self-addressed, stamped envelope, or send to:

City of Alexandria Office on Aging and Adult Services
2525 Mt. Vernon Ave.
Alexandria, VA 22301

Alexandria Commission on Aging 2003 Needs Assessment for Seniors Service Provider Survey

The Alexandria Commission on Aging is developing information on the met and unmet needs of seniors (age 60 and older) in the City of Alexandria. The purpose of this Needs Assessment is to look at the needs as they are today, to plan for the future, and to spend resources wisely. You have a vital link to seniors through the provision of your services, and are key to making this Needs Assessment a valuable tool. We would greatly appreciate your taking a few minutes to complete this survey, and return it in the self-addressed, stamped envelope provided by February 28, 2003. In appreciation for your time, we will send you the results of this survey. For more information, please contact Debbie Ludington at 703-838-0927. Thank you in advance for your cooperation.

(1) Agency Name and Address:

(2) Contact Person (name and telephone number):

(3) Agency Type:

☐ Public
☐ Other:

☐ Private Not-For-Profit

☐ Private For-Profit

Please answer the following questions as they pertain to seniors living in Alexandria, age 60 and over.

(4) Please describe the seniors that you serve:

(5) Please provide a brief description of the goods and/or services your agency provides to seniors:

(6) What barriers do you face while delivering the above-mentioned services?

(7) What do you see as the greatest unmet need for Alexandria seniors today?

(8) Given the limited supply of funding from all sources, if additional funds were available, what do you think would be the best use of these funds to serve the needs of seniors? Please be specific.

(9) What do you predict as the greatest need for seniors in the next 10 years?

(10) How many seniors (unduplicated count) have you served in the last 12 months or fiscal year?

(11) What is the last date of the reporting period this number covers (e.g., 12/31/01)?

(12) Please indicate by percentages the ethnic backgrounds of seniors that you serve:

(A) White (includes Arabian, Caucasian)

_____ %

(B) Black (includes Jamaican, Bahamian and other Carribeans of African but not Hispanic or Arabic descent)

_____ %

(C) Hispanic (includes persons of Mexican, Puerto Rican, Central or South American or other Spanish origin or culture)

_____ %

(D) Asian & Asian American (includes Pakistanis, Indians, Pacific Islanders)

_____ %

(E) American Indian (includes Alaskan)

_____ %

(13) Is there anything else you would think is significant when looking at the current needs of seniors living in Alexandria, age 60 and older, and looking towards the future?

Thank you for taking the time to complete this survey; it is appreciated!

Please mail the completed survey back in the self-addressed, stamped envelope, or
send to:

Debbie Ludington
City of Alexandria Office of Aging and Adult Services
2525 Mt. Vernon Ave.
Alexandria, VA 22301

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kevin F Byrnes, AICP
Aging Demographer

DATE: June 4, 2004

SUBJECT: Virginia Place Name and Zip Code Reference Tool

The following pages represent a reference file "Post Office, Zip & AAA Reference List.pdf" created by VDA to assist our front desk staff identify the correct city or county and corresponding AAA service area associated with a client location for appropriate referral to the local AAA office. With the file loaded on a local computer, using the free Adobe Reader program, a user can use the Adobe search tool (the binocular icon on the toolbar) to find any valid Virginia zip code or place name and the corresponding Virginia locality and AAA service area.

So that your staff can load the electronic file copy on their computer(s), the file has been posted on the VDA web site as a resource file for AAA staff and the general public. For the general public, a hyperlink has been created on the "[Find Services Nearest You](#)" page and for AAA staff, a hyperlink has been created on the "[Service Provider Information](#)" page. If you have a live Internet connection on the computer used to open this memo, click on either of the previous links to locate the hyperlink which will allow you to directly download the reference file.

For PSA 15, the creation date of this file pre-dated the formal name change of "Capital Area Agency on Aging" to "Senior Connections: the Capital Area Agency on Aging".

We hope that your staff finds this reference file a handy tool for quick look-ups of the appropriate AAA for caller referrals statewide.

Post Office, Zip Code, Jurisdiction AAA List

<i>POST_OFFICE</i>	<i>ZIPCODE</i>	<i>Related_PO_Branch</i>	<i>JURISDICTION</i>	<i>AAANUM</i>	<i>AREA AGENCY ON AGING</i>
ABINGDON	24210		Washington Co	3	District Three Senior Services
ABINGDON	24211		Washington Co	3	District Three Senior Services
ACCOMAC	23301		Accomack Co	22	Eastern Shore Area Agency on Aging
ACHILLES	23001		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ADVANCE MILLS	22968	RUCKERSVILLE	Greene Co	10	Jefferson Area Board for Aging
AFTON	22920		Nelson Co	10	Jefferson Area Board for Aging
ALBERTA	23821		Brunswick Co	13	Lake Country Area Agency on Aging
ALDIE	20105		Loudoun Co	8D	Loudoun County Area Agency on Aging
ALEXANDRIA	22301	ALEXANDRIA	Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22302	PARK FAIRFAX	Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22303	JEFFERSON MANOR	Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22304	TRADE CENTER	Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22305	ALEXANDRIA	Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22306	COMMUNITY	Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22307	BELLEVIEW	Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22308		Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22309	ENGELSIDE	Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22310	FRANCONIA	Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22311		Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22312	LINCOLNIA	Fairfax Co	8C	Fairfax Area Agency on Aging
ALEXANDRIA	22313	ALEXANDRIA	Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22314	ALEXANDRIA	Alexandria City	8A	Alexandria Office of Adult & Aging Services
ALEXANDRIA	22315		Fairfax Co	8C	Fairfax Area Agency on Aging
ALFONSO	22503		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.

<i>POST_OFFICE</i>	<i>ZIPCODE</i>	<i>Related_PO_Branch</i>	<i>JURISDICTION</i>	<i>AAANUM</i>	<i>AREA AGENCY ON AGING</i>
ALLEGHANY	24426		Alleghany Co	5	LOA - Area Agency on Aging, Inc.
ALLISONIA	24347	HIWASSEE	Pulaski Co	4	New River Valley Agency on Aging
ALTAVISTA	24517		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
ALTON	24520		Halifax Co	13	Lake Country Area Agency on Aging
ALUM RIDGE	24091	FLOYD	Floyd Co	4	New River Valley Agency on Aging
AMELIA COURT HOUSE	23002		Amelia Co	14	Piedmont Senior Resources Area Agency on Aging
AMF STATION	23250	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
AMHERST	24521		Amherst Co	11	Central Virginia Area Agency on Aging, Inc.
AMISSVILLE	20106		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
AMMON	23822		Dinwiddie Co	19	Crater District Area Agency on Aging
AMONATE	24601		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
AMPTHILL	23234	RICHMOND	Chesterfield Co	15	Capital Area Agency on Aging, Inc.
ANDOVER	24215		Wise Co	1	Mountain Empire Older Citizens, Inc.
ANNANDALE	22003		Fairfax Co	8C	Fairfax Area Agency on Aging
APPALACHIA	24216		Wise Co	1	Mountain Empire Older Citizens, Inc.
APPOMATTOX	24522		Appomattox Co	11	Central Virginia Area Agency on Aging, Inc.
ARARAT	24053		Patrick Co	12	Southern Area Agency on Aging, Inc.
ARCOLA	20107		Loudoun Co	8D	Loudoun County Area Agency on Aging
ARK	23003		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ARLINGTON	22201		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22202		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22203		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22204		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22205		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22206		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22207		Arlington Co	8B	Arlington Agency on Aging

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ARLINGTON	22209		Arlington Co	8B	Arlington Agency on Aging
ARLINGTON	22213		Arlington Co	8B	Arlington Agency on Aging
ARODA	22709		Madison Co	9	Rappahannock-Rapidan Community Services Board
ARRINGTON	22922		Nelson Co	10	Jefferson Area Board for Aging
ARVONIA	23004		Buckingham Co	14	Piedmont Senior Resources Area Agency on Aging
ASHBURN	20147		Loudoun Co	8D	Loudoun County Area Agency on Aging
ASHBURN	20148		Loudoun Co	8D	Loudoun County Area Agency on Aging
ASHLAND	23005		Hanover Co	15	Capital Area Agency on Aging, Inc.
ASSAWOMAN	23302		Accomack Co	22	Eastern Shore Area Agency on Aging
ATKINS	24311		Smyth Co	3	District Three Senior Services
ATLANTIC	23303		Accomack Co	22	Eastern Shore Area Agency on Aging
AUGUSTA SPRINGS	24411		Augusta Co	6	Valley Program for Aging Services, Inc.
AUSTINVILLE	24312		Carroll Co	3	District Three Senior Services
AXTON	24054		Henry Co	12	Southern Area Agency on Aging, Inc.
AYLETT	23009		King William Co	17/18	Chesapeake Bay Agency on Aging, Inc.
AYLOR	22727		Madison Co	9	Rappahannock-Rapidan Community Services Board
BACOVA	24412		Madison Co	9	Rappahannock-Rapidan Community Services Board
BAILEYS CROSSROADS	22044	FALLS CHURCH	Falls Church City	8C	Fairfax Area Agency on Aging
BANCO	22711		Madison Co	9	Rappahannock-Rapidan Community Services Board
BANDY	24602		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
BARBOURSVILLE	22923		Orange Co	9	Rappahannock-Rapidan Community Services Board
BARHAMSVILLE	23011		New Kent Co	15	Capital Area Agency on Aging, Inc.
BARREN SPRINGS	24313		Wythe Co	3	District Three Senior Services
BASKERVILLE	23915		Mecklenburg Co	13	Lake Country Area Agency on Aging
BASSETT	24055		Henry Co	12	Southern Area Agency on Aging, Inc.
BASTIAN	24314		Bland Co	3	District Three Senior Services

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BASYE	22810		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
BATESVILLE	22924		Albemarle Co	10	Jefferson Area Board for Aging
BATTERY PARK	23304		Isle of Wight Co	20	Senior Services of Southeastern Virginia
BAVON	23138	PORT HAYWOOD	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BEALETON	22712		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
BEAUMONT	23014		Goochland Co	15	Capital Area Agency on Aging, Inc.
BEAVERDAM	23015		Hanover Co	15	Capital Area Agency on Aging, Inc.
BEAVERLETT	23109		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BEDFORD	24523		Bedford City	11	Central Virginia Area Agency on Aging, Inc.
BEE	24217		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
BELLAMY	23017		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BELLE HAVEN	23306		Accomack Co	22	Eastern Shore Area Agency on Aging
BELLEVIEW	22307	ALEXANDRIA	Fairfax Co	8C	Fairfax Area Agency on Aging
BELLEVUE	23227	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
BELSPRING	24058		Pulaski Co	4	New River Valley Agency on Aging
BEN HUR	24218		Lee Co	1	Mountain Empire Older Citizens, Inc.
BENA	23018		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BENT MOUNTAIN	24059		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
BENTONVILLE	22610		Warren Co	7	Shenandoah Area Agency on Aging, Inc.
BERGTON	22811		Rockingham Co	6	Valley Program for Aging Services, Inc.
BERRYVILLE	22611		Clarke Co	7	Shenandoah Area Agency on Aging, Inc.
BIG ISLAND	24526		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
BIG ROCK	24603		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
BIG STONE GAP	24219		Wise Co	1	Mountain Empire Older Citizens, Inc.
BIRCHLEAF	24220		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
BIRDSNEST	23307		Northhampton Co	22	Eastern Shore Area Agency on Aging

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BISHOP	24604		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
BLACKRIDGE	23950	LA CROSSE	Mecklenburg Co	13	Lake Country Area Agency on Aging
BLACKSBURG	24060		Montgomery Co	4	New River Valley Agency on Aging
BLACKSTONE	23824		Nottoway Co	14	Piedmont Senior Resources Area Agency on Aging
BLACKWATER	24221		Lee Co	1	Mountain Empire Older Citizens, Inc.
BLAIRS	24527		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
BLAKES	23035	COBBS CREEK	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BLAND	24315		Bland Co	3	District Three Senior Services
BLOXOM	23308		Accomack Co	22	Eastern Shore Area Agency on Aging
BLUE GRASS	24413		Highland Co	6	Valley Program for Aging Services, Inc.
BLUE RIDGE	24064		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
BLUEFIELD	24605		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
BLUEMONT	20135		Loudoun Co	8D	Loudoun County Area Agency on Aging
BOHANNON	23021		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BOISSEVAIN	24606		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
BOLAR	24484	WARM SPRINGS	Bath Co	6	Valley Program for Aging Services, Inc.
BON AIR	23235	RICHMOND	Chesterfield Co	15	Capital Area Agency on Aging, Inc.
BOONES MILL	24065		Franklin Co	12	Southern Area Agency on Aging, Inc.
BOONESVILLE	22935	DYKE	Greene Co	10	Jefferson Area Board for Aging
BOSTON	22713		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
BOWLING GREEN	22427		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
BOYCE	22620		Clarke Co	7	Shenandoah Area Agency on Aging, Inc.
BOYD TAVERN	22947	KESWICK	Albemarle Co	10	Jefferson Area Board for Aging
BOYDTON	23917		Mecklenburg Co	13	Lake Country Area Agency on Aging
BOYKINS	23827		Southampton Co	20	Senior Services of Southeastern Virginia
BRACEY	23919		Mecklenburg Co	13	Lake Country Area Agency on Aging

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BRANCHVILLE	23828		Southampton Co	20	Senior Services of Southeastern Virginia
BRANDY STATION	22714		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
BREAKS	24607		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
BREMO BLUFF	23022		Fluvanna Co	10	Jefferson Area Board for Aging
BRIDGEWATER	22812		Rockingham Co	6	Valley Program for Aging Services, Inc.
BRIGHTWOOD	22715		Madison Co	9	Rappahannock-Rapidan Community Services Board
BRISTOL	24201		Bristol City	3	District Three Senior Services
BRISTOL	24202		Washington Co	3	District Three Senior Services
BRISTOW	20136		Prince William Co	8E	Prince William Area Agency on Aging
BROAD RUN	20137		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
BROADFORD	24316		Smyth Co	3	District Three Senior Services
BROADWAY	22815		Rockingham Co	6	Valley Program for Aging Services, Inc.
BRODNAX	23920		Brunswick Co	13	Lake Country Area Agency on Aging
BROOKE	22430		Stafford Co	16	Rappahannock Area Agency on Aging, Inc.
BROOKNEAL	24528		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
BROWNSBURG	24415		Rockbridge Co	6	Valley Program for Aging Services, Inc.
BROWNTOWN	22610	BENTONVILLE	Warren Co	7	Shenandoah Area Agency on Aging, Inc.
BRUCETOWN	22622		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
BRUINGTON	23023		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BUCHANAN	24066		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
BUCKINGHAM	23921		Buckingham Co	14	Piedmont Senior Resources Area Agency on Aging
BUENA VISTA	24416		Buena Vista City	6	Valley Program for Aging Services, Inc.
BUFFALO JUNCTION	24529		Mecklenburg Co	13	Lake Country Area Agency on Aging
BUMPASS	23024		Louisa Co	10	Jefferson Area Board for Aging
BURGESS	22432		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
BURKE	22015		Fairfax Co	8C	Fairfax Area Agency on Aging

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BURKES GARDEN	24608		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
BURKEVILLE	23922		Nottoway Co	14	Piedmont Senior Resources Area Agency on Aging
BURNLEYS	22923	BARBOURSVILLE	Orange Co	9	Rappahannock-Rapidan Community Services Board
BURNSVILLE	24487	WILLIAMSVILLE	Bath Co	6	Valley Program for Aging Services, Inc.
BURR HILL	22433		Orange Co	9	Rappahannock-Rapidan Community Services Board
BYBEE	22963	PALMYRA	Fluvanna Co	10	Jefferson Area Board for Aging
CALLANDS	24530		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
CALLAO	22435		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CALLAWAY	24067		Franklin Co	12	Southern Area Agency on Aging, Inc.
CALVERTON	20138		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
CAMPBELL	22947	KESWICK	Albemarle Co	10	Jefferson Area Board for Aging
CANA	24317		Carroll Co	3	District Three Senior Services
CAPE CHARLES	23310		Northhampton Co	22	Eastern Shore Area Agency on Aging
CAPEVILLE	23313		Northhampton Co	22	Eastern Shore Area Agency on Aging
CAPITOL	23218	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
CAPRON	23829		Southampton Co	20	Senior Services of Southeastern Virginia
CARDINAL	23025		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CARET	22436		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CARROLLTON	23314		Isle of Wight Co	20	Senior Services of Southeastern Virginia
CARRSVILLE	23315		Isle of Wight Co	20	Senior Services of Southeastern Virginia
CARSON	23830		Dinwiddie Co	19	Crater District Area Agency on Aging
CARTERSVILLE	23027		Cumberland Co	14	Piedmont Senior Resources Area Agency on Aging
CASANOVA	20139		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
CASCADE	24069		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
CASTLETON	22716		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
CASTLEWOOD	24224		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.

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CATAWBA	24070		Craig Co	5	LOA - Area Agency on Aging, Inc.
CATHARPIN	20143		Prince William Co	8E	Prince William Area Agency on Aging
CATLETT	20119		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
CAUTHORNVILLE	23148	ST STEPHENS CHURCH	King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CAVE SPRING	24018	ROANOKE	Roanoke Co	5	LOA - Area Agency on Aging, Inc.
CEDAR BLUFF	24609		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
CENTER CROSS	22437		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CENTREVILLE	20120		Fairfax Co	8C	Fairfax Area Agency on Aging
CENTREVILLE	20121		Fairfax Co	8C	Fairfax Area Agency on Aging
CERES	24318		Bland Co	3	District Three Senior Services
CHAMPLAIN	22438		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CHANCE	22438	CHAMPLAIN	Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CHANTILLY	20151		Fairfax Co	8C	Fairfax Area Agency on Aging
CHANTILLY	20152		Loudoun Co	8D	Loudoun County Area Agency on Aging
CHARLES CITY	23030		Charles City Co	15	Capital Area Agency on Aging, Inc.
CHARLOTTE COURT HOUSE	23923		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
CHARLOTTESVILLE	22901		Albemarle Co	10	Jefferson Area Board for Aging
CHARLOTTESVILLE	22902		Albemarle Co	10	Jefferson Area Board for Aging
CHARLOTTESVILLE	22903		Albemarle Co	10	Jefferson Area Board for Aging
CHARLOTTESVILLE	22904		Albemarle Co	10	Jefferson Area Board for Aging
CHARLOTTESVILLE	22911		Albemarle Co	10	Jefferson Area Board for Aging
CHASE CITY	23924		Mecklenburg Co	13	Lake Country Area Agency on Aging
CHATHAM	24531		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
CHECK	24072		Floyd Co	4	New River Valley Agency on Aging
CHERITON	23316		Northampton Co	22	Eastern Shore Area Agency on Aging
CHESAPEAKE	23320		Chesapeake City	20	Senior Services of Southeastern Virginia

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CHESAPEAKE	23321		Chesapeake City	20	Senior Services of Southeastern Virginia
CHESAPEAKE	23322		Chesapeake City	20	Senior Services of Southeastern Virginia
CHESAPEAKE	23323		Chesapeake City	20	Senior Services of Southeastern Virginia
CHESAPEAKE	23324		Chesapeake City	20	Senior Services of Southeastern Virginia
CHESAPEAKE	23325		Chesapeake City	20	Senior Services of Southeastern Virginia
CHESTER	23831		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
CHESTER	23836		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
CHESTER GAP	22623		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
CHESTERFIELD	23832		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
CHESTERFIELD	23838		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
CHILHOWIE	24319		Smyth Co	3	District Three Senior Services
CHINCOTEAGUE ISLAND	23336		Accomack Co	22	Eastern Shore Area Agency on Aging
CHRISTCHURCH	23031		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CHRISTIANSBURG	24073		Montgomery Co	4	New River Valley Agency on Aging
CHURCH ROAD	23833		Dinwiddie Co	19	Crater District Area Agency on Aging
CHURCH VIEW	23032		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
CHURCHVILLE	24421		Augusta Co	6	Valley Program for Aging Services, Inc.
CISMONT	22947	KESWICK	Albemarle Co	10	Jefferson Area Board for Aging
CIVIC CENTER	23240	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
CLAREMONT	23899		Surry Co	19	Crater District Area Agency on Aging
CLARKSVILLE	23927		Mecklenburg Co	12	Lake Country Area Agency on Aging
CLAUDVILLE	24076		Patrick Co	12	Southern Area Agency on Aging, Inc.
CLEAR BROOK	22624		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
CLEVELAND	24225		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
CLIFFORD	24533		Amherst Co	11	Central Virginia Area Agency on Aging, Inc.
CLIFTON	20124		Fairfax Co	8C	Fairfax Area Agency on Aging

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CLIFTON FORGE	24422		Alleghany Co	5	LOA - Area Agency on Aging, Inc.
CLINCHBURG	24361	MEADOWVIEW	Washington Co	3	District Three Senior Services
CLINCHCO	24226		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
CLINCHPORT	24244	DUFFIELD	Scott Co	1	Mountain Empire Older Citizens, Inc.
CLINTWOOD	24228		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
CLOVER	24534		Halifax Co	13	Lake Country Area Agency on Aging
CLOVERDALE	24077		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
CLUSTER SPRINGS	24535		Halifax Co	13	Lake Country Area Agency on Aging
COBBS CREEK	23035		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
COEBURN	24230		Wise Co	1	Mountain Empire Older Citizens, Inc.
COLEMAN FALLS	24536		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
COLES POINT	22442		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
COLLINSVILLE	24078		Henry Co	12	Southern Area Agency on Aging, Inc.
COLOGNE	23181	WEST POINT	King William Co	17/18	Chesapeake Bay Agency on Aging, Inc.
COLONIAL BEACH	22443		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
COLONIAL HEIGHTS	23834		Colonial Heights City	19	Crater District Area Agency on Aging
COLUMBIA	23038		Goochland Co	15	Capital Area Agency on Aging, Inc.
COMMUNITY	22306	ALEXANDRIA	Alexandria City	8A	Alexandria Office of Adult & Aging Services
CONAWAY	24603	BIG ROCK	Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
CONCORD	24538		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
COPPER HILL	24079		Floyd Co	4	New River Valley Agency on Aging
CORBIN	22446		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
COUNCIL	24260	HONAKER	Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
COURTLAND	23837		Southampton Co	20	Senior Services of Southeastern Virginia
COVESVILLE	22931		Albemarle Co	10	Jefferson Area Board for Aging
COVINGTON	24426		Alleghany Co	5	LOA - Area Agency on Aging, Inc.

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CRADDOCKVILLE	23341		Accomack Co	22	Eastern Shore Area Agency on Aging
CRAIGSVILLE	24430		Augusta Co	6	Valley Program for Aging Services, Inc.
CREWE	23930		Nottoway Co	14	Piedmont Senior Resources Area Agency on Aging
CRIDERS	22820		Rockingham Co	6	Valley Program for Aging Services, Inc.
CRIGLERSVILLE	22727	MADISON	Madison Co	9	Rappahannock-Rapidan Community Services Board
CRIMORA	24431		Augusta Co	6	Valley Program for Aging Services, Inc.
CRIPPLE CREEK	24322		Wythe Co	3	District Three Senior Services
CRITZ	24082		Patrick Co	12	Southern Area Agency on Aging, Inc.
CROCKETT	24323		Wythe Co	3	District Three Senior Services
CROSS JUNCTION	22625		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
CROZET	22932		Albemarle Co	10	Jefferson Area Board for Aging
CROZIER	23039		Goochland Co	15	Capital Area Agency on Aging, Inc.
CRYSTAL HILL	24539		Halifax Co	13	Lake Country Area Agency on Aging
CULLEN	23934		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
CULPEPER	22701		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
CUMBERLAND	23040		Cumberland Co	14	Piedmont Senior Resources Area Agency on Aging
CUNNINGHAM	22963	PALMYRA	Fluvanna Co	10	Jefferson Area Board for Aging
DABNEYS	23102	MAIDENS	Goochland Co	15	Capital Area Agency on Aging, Inc.
DAHLGREN	22448		King George Co	16	Rappahannock Area Agency on Aging, Inc.
DALE CITY	22193	WOODBIDGE	Prince William Co	8E	Prince William Area Agency on Aging
DALEVILLE	24083		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
DAMASCUS	24236		Washington Co	3	District Three Senior Services
DANTE	24237		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
DANVILLE	24540		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
DANVILLE	24541		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
DARLINGTON HEIGHTS	23958	PAMPLIN	Appomattox Co	11	Central Virginia Area Agency on Aging, Inc.

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DAVENPORT	24239		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
DAVIS WHARF	23345		Accomack Co	22	Eastern Shore Area Agency on Aging
DAYTON	22821		Rockingham Co	6	Valley Program for Aging Services, Inc.
DEERFIELD	24432		Augusta Co	6	Valley Program for Aging Services, Inc.
DELAPLANE	20144		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
DELTAVILLE	23043		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
DENDRON	23839		Surry Co	19	Crater District Area Agency on Aging
DEWITT	23840		Dinwiddie Co	19	Crater District Area Agency on Aging
DIGGS	23045		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
DILLWYN	23936		Buckingham Co	14	Piedmont Senior Resources Area Agency on Aging
DINWIDDIE	23841		Dinwiddie Co	19	Crater District Area Agency on Aging
DISPUTANTA	23842		Prince George Co	19	Crater District Area Agency on Aging
DOE HILL	24433		Highland Co	6	Valley Program for Aging Services, Inc.
DOGUE	22451		King George Co	16	Rappahannock Area Agency on Aging, Inc.
DOLPHIN	23843		Brunswick Co	13	Lake Country Area Agency on Aging
DORAN	24612		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
DOSWELL	23047		Hanover Co	15	Capital Area Agency on Aging, Inc.
DRAKES BRANCH	23937		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
DRAPER	24324		Pulaski Co	4	New River Valley Agency on Aging
DREWRYVILLE	23844		Southampton Co	20	Senior Services of Southeastern Virginia
DRY FORK	24549		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
DRYDEN	24243		Lee Co	1	Mountain Empire Older Citizens, Inc.
DUBLIN	24084		Pulaski Co	4	New River Valley Agency on Aging
DUFFIELD	24244		Scott Co	1	Mountain Empire Older Citizens, Inc.
DUGSPUR	24325		Carroll Co	3	District Three Senior Services
DUMFRIES	22026		Prince William Co	8E	Prince William Area Agency on Aging

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DUNDAS	23938		Brunswick Co	13	Lake Country Area Agency on Aging
DUNGANNON	24245		Scott Co	1	Mountain Empire Older Citizens, Inc.
DUNN LORING	22027		Fairfax Co	8C	Fairfax Area Agency on Aging
DUNNSVILLE	22454		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
DUTTON	23050		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
DYKE	22935		Greene Co	10	Jefferson Area Board for Aging
EAGLE ROCK	24085		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
EARLYSVILLE	22936		Albemarle Co	10	Jefferson Area Board for Aging
EAST END	23223	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
EAST STONE GAP	24246		Wise Co	1	Mountain Empire Older Citizens, Inc.
EASTVILLE	23347		Northampton Co	22	Eastern Shore Area Agency on Aging
EBONY	23845		Brunswick Co	13	Lake Country Area Agency on Aging
EDINBURG	22824		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
EDWARDSVILLE	22456		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
EGGLESTON	24086		Giles Co	4	New River Valley Agency on Aging
EHEART	22923	BARBOURSVILLE	Orange Co	9	Rappahannock-Rapidan Community Services Board
ELBERON	23846		Surry Co	19	Crater District Area Agency on Aging
ELK CREEK	24326		Grayson Co	3	District Three Senior Services
ELKTON	22827		Rockingham Co	6	Valley Program for Aging Services, Inc.
ELKWOOD	22718		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
ELLISTON	24087		Montgomery Co	4	New River Valley Agency on Aging
EMORY	24327		Washington Co	3	District Three Senior Services
EMPORIA	23847		Greensville Co	19	Crater District Area Agency on Aging
ENGLESIDE	22309	ALEXANDRIA	Fairfax Co	8C	Fairfax Area Agency on Aging
ESMONT	22937		Albemarle Co	10	Jefferson Area Board for Aging
ETLAN	22719		Madison Co	9	Rappahannock-Rapidan Community Services Board

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ETTRICK	23803	PETERSBURG	Chesterfield Co	15	Capital Area Agency on Aging, Inc.
EVERGREEN	23939		Appomattox Co	11	Central Virginia Area Agency on Aging, Inc.
EVINGTON	24550		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
EWING	24248		Lee Co	1	Mountain Empire Older Citizens, Inc.
EXETER	24216	APPALACHIA	Wise Co	1	Mountain Empire Older Citizens, Inc.
EXMORE	23350		Northhampton Co	22	Eastern Shore Area Agency on Aging
FABER	22938		Nelson Co	10	Jefferson Area Board for Aging
FAIRFAX	22030		Fairfax Co	8C	Fairfax Area Agency on Aging
FAIRFAX	22031		Fairfax Co	8C	Fairfax Area Agency on Aging
FAIRFAX	22032		Fairfax Co	8C	Fairfax Area Agency on Aging
FAIRFAX	22033		Fairfax Co	8C	Fairfax Area Agency on Aging
FAIRFAX STATION	22039		Fairfax Co	8C	Fairfax Area Agency on Aging
FAIRFIELD	24435		Rockbridge Co	6	Valley Program for Aging Services, Inc.
FALLS CHURCH	22041		Fairfax Co	8C	Fairfax Area Agency on Aging
FALLS CHURCH	22042		Fairfax Co	8C	Fairfax Area Agency on Aging
FALLS CHURCH	22043		Fairfax Co	8C	Fairfax Area Agency on Aging
FALLS CHURCH	22044		Fairfax Co	8C	Fairfax Area Agency on Aging
FALLS CHURCH	22046		Falls Church City	8C	Fairfax Area Agency on Aging
FALLS MILLS	24613		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
FALMOUTH	22403	FREDERICKSBURG	Stafford Co	16	Rappahannock Area Agency on Aging, Inc.
FANCY GAP	24328		Carroll Co	3	District Three Senior Services
FARMVILLE	23901		Cumberland Co	14	Piedmont Senior Resources Area Agency on Aging
FARMVILLE	23909		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
FARNHAM	22460		Richmond Co	17/18	Chesapeake Bay Agency on Aging, Inc.
FERRUM	24088		Franklin Co	12	Southern Area Agency on Aging, Inc.
FIELDALE	24089		Henry Co	12	Southern Area Agency on Aging, Inc.

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FIFE	23054		Goochland Co	15	Capital Area Agency on Aging, Inc.
FINCASTLE	24090		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
FISHERS HILL	22626		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
FISHERSVILLE	22939		Augusta Co	6	Valley Program for Aging Services, Inc.
FLINT HILL	22627		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
FLOYD	24091		Floyd Co	4	New River Valley Agency on Aging
FORD	23850		Dinwiddie Co	19	Crater District Area Agency on Aging
FOREST	24551		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
FOREST HILL	23225	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
FORK UNION	23055		Fluvanna Co	10	Jefferson Area Board for Aging
FORKSVILLE	23950	LA CROSSE	Mecklenburg Co	13	Lake Country Area Agency on Aging
FORT BELVOIR	22060		Fairfax Co	8C	Fairfax Area Agency on Aging
FORT BLACKMORE	24250		Scott Co	1	Mountain Empire Older Citizens, Inc.
FORT DEFIANCE	24437		Augusta Co	6	Valley Program for Aging Services, Inc.
FORT EUSTIS	23604		Newport News City	21	Peninsula Agency on Aging, Inc.
FORT LEE	23801		Prince George Co	19	Crater District Area Agency on Aging
FORT MITCHELL	23941		Lunenburg Co	14	Piedmont Senior Resources Area Agency on Aging
FORT VALLEY	22652		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
FOSTER	23056		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
FOSTER FALLS	24360	MAX MEADOWS	Wythe Co	3	District Three Senior Services
FRANCONIA	22310	ALEXANDRIA	Fairfax Co	8C	Fairfax Area Agency on Aging
FRANKLIN	23851		Southampton Co	20	Senior Services of Southeastern Virginia
FRANKTOWN	23354		Northhampton Co	22	Eastern Shore Area Agency on Aging
FREDERICKSBURG	22401		Fredericksburg City	16	Rappahannock Area Agency on Aging, Inc.
FREDERICKSBURG	22405		Stafford Co	16	Rappahannock Area Agency on Aging, Inc.
FREDERICKSBURG	22406		Stafford Co	16	Rappahannock Area Agency on Aging, Inc.

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FREDERICKSBURG	22407		Spotsylvania Co	16	Rappahannock Area Agency on Aging, Inc.
FREDERICKSBURG	22408		Spotsylvania Co	16	Rappahannock Area Agency on Aging, Inc.
FREE UNION	22940		Albemarle Co	10	Jefferson Area Board for Aging
FREEMAN	23856		Brunswick Co	13	Lake Country Area Agency on Aging
FRIES	24330		Grayson Co	3	District Three Senior Services
FRONT ROYAL	22630		Warren Co	7	Shenandoah Area Agency on Aging, Inc.
FT MYER	22211		Arlington Co	8B	Arlington Agency on Aging
FULKS RUN	22830		Rockingham Co	6	Valley Program for Aging Services, Inc.
GAINESVILLE	20155		Prince William Co	8E	Prince William Area Agency on Aging
GALAX	24333		Grayson Co	3	District Three Senior Services
GASBURG	23857		Brunswick Co	13	Lake Country Area Agency on Aging
GATE CITY	24251		Scott Co	1	Mountain Empire Older Citizens, Inc.
GLADE HILL	24092		Franklin Co	12	Southern Area Agency on Aging, Inc.
GLADE SPRING	24340		Washington Co	3	District Three Senior Services
GLADSTONE	24553		Nelson Co	10	Jefferson Area Board for Aging
GLADYS	24554		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
GLASGOW	24555		Rockbridge Co	6	Valley Program for Aging Services, Inc.
GLEN ALLEN	23059		Hanover Co	15	Capital Area Agency on Aging, Inc.
GLEN ALLEN	23060		Henrico Co	15	Capital Area Agency on Aging, Inc.
GLEN LYN	24093		Giles Co	4	New River Valley Agency on Aging
GLEN WILTON	24438		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
GLOUCESTER	23061		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
GLOUCESTER POINT	23062		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
GOLDBOND	24094		Giles Co	4	New River Valley Agency on Aging
GOLDVEIN	22720		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
GOOCHLAND	23063		Goochland Co	15	Capital Area Agency on Aging, Inc.

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GOODE	24556		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
GOODVIEW	24095		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
GORDONSVILLE	22942		Louisa Co	10	Jefferson Area Board for Aging
GORE	22637		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
GOSHEN	24439		Rockbridge Co	6	Valley Program for Aging Services, Inc.
GRAFTON	23690	YORKTOWN	York Co	21	Peninsula Agency on Aging, Inc.
GRAVES MILL	22721		Madison Co	9	Rappahannock-Rapidan Community Services Board
GREAT FALLS	22066		Fairfax Co	8C	Fairfax Area Agency on Aging
GREEN BAY	23942		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
GREENBACKVILLE	23356		Accomack Co	22	Eastern Shore Area Agency on Aging
GREENBUSH	23357		Accomack Co	22	Eastern Shore Area Agency on Aging
GREENVILLE	24440		Augusta Co	6	Valley Program for Aging Services, Inc.
GREENWAY	22067		Fairfax Co	8C	Fairfax Area Agency on Aging
GREENWOOD	22943		Albemarle Co	10	Jefferson Area Board for Aging
GRETNA	24557		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
GRIMSTEAD	23064		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
GROTTOES	24441		Augusta Co	6	Valley Program for Aging Services, Inc.
GRUNDY	24614		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
GUM SPRING	23065		Goochland Co	15	Capital Area Agency on Aging, Inc.
GWYNN	23066		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HACKSNECK	23358		Accomack Co	22	Eastern Shore Area Agency on Aging
HADENSVILLE	23067		Goochland Co	15	Capital Area Agency on Aging, Inc.
HAGUE	22469		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HALIFAX	24558		Halifax Co	13	Lake Country Area Agency on Aging
HALLWOOD	23359		Accomack Co	22	Eastern Shore Area Agency on Aging
HAMILTON	20158		Loudoun Co	8D	Loudoun County Area Agency on Aging

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HAMPDEN SYDNEY	23943		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
HAMPTON	23661		Hampton City	21	Peninsula Agency on Aging, Inc.
HAMPTON	23663		Hampton City	21	Peninsula Agency on Aging, Inc.
HAMPTON	23664		Hampton City	21	Peninsula Agency on Aging, Inc.
HAMPTON	23665		Hampton City	21	Peninsula Agency on Aging, Inc.
HAMPTON	23666		Hampton City	21	Peninsula Agency on Aging, Inc.
HAMPTON	23669		Hampton City	21	Peninsula Agency on Aging, Inc.
HANOVER	23069		King William Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HARBORTON	23389		Accomack Co	22	Eastern Shore Area Agency on Aging
HARDY	24101		Franklin Co	12	Southern Area Agency on Aging, Inc.
HARDYVILLE	23070		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HARMAN	24618		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
HARRISONBURG	22801		Rockingham Co	6	Valley Program for Aging Services, Inc.
HARRISONBURG	22802		Rockingham Co	6	Valley Program for Aging Services, Inc.
HARRISONBURG	22807		Harrisonburg City	6	Valley Program for Aging Services, Inc.
HARTFIELD	23071		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HARTWOOD	22471		Stafford Co	16	Rappahannock Area Agency on Aging, Inc.
HAYES	23072		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HAYFIELD	22638		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
HAYMARKET	20169		Prince William Co	8E	Prince William Area Agency on Aging
HAYNESVILLE	22472		Richmond Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HAYSI	24256		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
HAYWOOD	22722		Madison Co	9	Rappahannock-Rapidan Community Services Board
HEAD WATERS	24442		Highland Co	6	Valley Program for Aging Services, Inc.
HEATHSVILLE	22473		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HENRY	24102		Franklin Co	12	Southern Area Agency on Aging, Inc.

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HERNDON	20170		Fairfax Co	8C	Fairfax Area Agency on Aging
HERNDON	20171		Fairfax Co	8C	Fairfax Area Agency on Aging
HERNDON	20192		Fairfax Co	8C	Fairfax Area Agency on Aging
HIGHLAND SPRINGS	23075		Henrico Co	15	Capital Area Agency on Aging, Inc.
HIGHTOWN	24465	MONTEREY	Highland Co	6	Valley Program for Aging Services, Inc.
HILLSBORO	20134	PURCELLVILLE	Loudoun Co	8D	Loudoun County Area Agency on Aging
HILLSVILLE	24343		Carroll Co	3	District Three Senior Services
HILTONS	24258		Scott Co	1	Mountain Empire Older Citizens, Inc.
HINTON	22831		Rockingham Co	6	Valley Program for Aging Services, Inc.
HIWASSEE	24347		Pulaski Co	4	New River Valley Agency on Aging
HOLLINS	24019		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
HOLLINS COLLEGE	24020		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
HONAKER	24260		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
HOOD	22723		Madison Co	9	Rappahannock-Rapidan Community Services Board
HOPEWELL	23860		Prince George Co	19	Crater District Area Agency on Aging
HORNTOWN	23395		Accomack Co	22	Eastern Shore Area Agency on Aging
HORSEPEN	24619		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
HOT SPRINGS	24445		Bath Co	6	Valley Program for Aging Services, Inc.
HOWARDSVILLE	24562		Albemarle Co	10	Jefferson Area Board for Aging
HOWERTONS	22454	DUNNSVILLE	Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HUDDLESTON	24104		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
HUDGINS	23076		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
HUME	22639		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
HUNTLY	22640		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
HURLEY	24620		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
HURT	24563		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.

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HUSTLE	22476		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
INDEPENDENCE	24348		Grayson Co	3	District Three Senior Services
INDIAN NECK	23148	ST STEPHEN'S CHURCH	King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
INDIAN VALLEY	24105		Floyd Co	4	New River Valley Agency on Aging
INGRAM	24597	VERNON HILL	Halifax Co	13	Lake Country Area Agency on Aging
IRON GATE	24448		Alleghany Co	5	LOA - Area Agency on Aging, Inc.
IRONTO	24087	ELLISTON	Roanoke Co	5	LOA - Area Agency on Aging, Inc.
IRVINGTON	22480		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ISLE OF WIGHT	23397		Isle of Wight Co	20	Senior Services of Southeastern Virginia
IVANHOE	24350		Wythe Co	3	District Three Senior Services
IVOR	23866		Southampton Co	20	Senior Services of Southeastern Virginia
IVY	22945		Albemarle Co	10	Jefferson Area Board for Aging
JAMAICA	23079		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
JAMES STORE	23128	NORTH	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
JAMESTOWN	23081		James City Co	21	Peninsula Agency on Aging, Inc.
JAMESVILLE	23398		Northampton Co	22	Eastern Shore Area Agency on Aging
JARRATT	23867		Greensville Co	19	Crater District Area Agency on Aging
JAVA	24565		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
JEFFERSON MANOR	22303	ALEXANDRIA	Fairfax Co	8C	Fairfax Area Agency on Aging
JEFFERSONTON	22724		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
JENKINS BRIDGE	23399		Accomack Co	22	Eastern Shore Area Agency on Aging
JERSEY	22481		King George Co	16	Rappahannock Area Agency on Aging, Inc.
JETERSVILLE	23083		Amelia Co	14	Piedmont Senior Resources Area Agency on Aging
JEWELL RIDGE	24622		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
JEWELL VALLEY	24622	JEWELL RIDGE	Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
JONESVILLE	24263		Lee Co	1	Mountain Empire Older Citizens, Inc.

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JORDAN MINES	24426	COVINGTON	Alleghany Co	5	LOA - Area Agency on Aging, Inc.
KEELING	24566		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
KEEN MOUNTAIN	24624		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
KEENE	22946		Albemarle Co	10	Jefferson Area Board for Aging
KEEZLETOWN	22832		Rockingham Co	6	Valley Program for Aging Services, Inc.
KELLER	23401		Accomack Co	22	Eastern Shore Area Agency on Aging
KENBRIDGE	23944		Lunenburg Co	14	Piedmont Senior Resources Area Agency on Aging
KENTS STORE	23084		Fluvanna Co	10	Jefferson Area Board for Aging
KEOKEE	24265		Lee Co	1	Mountain Empire Older Citizens, Inc.
KESWICK	22947		Albemarle Co	10	Jefferson Area Board for Aging
KEYSVILLE	23947		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
KILMARNOCK	22482		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
KING AND QUEEN COURT H	23085		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
KING GEORGE	22485		King George Co	16	Rappahannock Area Agency on Aging, Inc.
KING WILLIAM	23086		King William Co	17/18	Chesapeake Bay Agency on Aging, Inc.
KINSALE	22488		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LA CROSSE	23950		Mecklenburg Co	13	Lake Country Area Agency on Aging
LACEY SPRING	22833		Rockingham Co	6	Valley Program for Aging Services, Inc.
LACKEY	23694		York Co	21	Peninsula Agency on Aging, Inc.
LADYSMITH	22501		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
LAKESIDE	23228	RICHMOND	Henrico Co	15	Capital Area Agency on Aging, Inc.
LAMBSBURG	24351		Carroll Co	3	District Three Senior Services
LANCASTER	22503		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LANEVIEW	22504		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LANEXA	23089		New Kent Co	15	Capital Area Agency on Aging, Inc.
LANGLEY AFB	23665	HAMPTON	Hampton City	21	Peninsula Agency on Aging, Inc.

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LANSDOWNE	20176	LEESBURG	Loudoun Co	8D	Loudoun County Area Agency on Aging
LAUREL FORK	24352		Carroll Co	3	District Three Senior Services
LAWRENCEVILLE	23868		Brunswick Co	13	Lake Country Area Agency on Aging
LEBANON	24266		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
LEBANON CHURCH	22657	STRASBURG	Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
LEE MONT	23421	PARKSLEY	Accomack Co	22	Eastern Shore Area Agency on Aging
LEESBURG	20175		Loudoun Co	8D	Loudoun County Area Agency on Aging
LEESBURG	20176		Loudoun Co	8D	Loudoun County Area Agency on Aging
LENNIG	24577	NATHALIE	Halifax Co	13	Lake Country Area Agency on Aging
LEON	22725		Madison Co	9	Rappahannock-Rapidan Community Services Board
LEWISSETTA	22511	LOTTSBURG	Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LEXINGTON	24450		Rockbridge Co	6	Valley Program for Aging Services, Inc.
LIGHTFOOT	23090		York Co	21	Peninsula Agency on Aging, Inc.
LIGNUM	22726		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
LINCOLN	20160		Loudoun Co	8D	Loudoun County Area Agency on Aging
LINDEN	22642		Warren Co	7	Shenandoah Area Agency on Aging, Inc.
LINVILLE	22834		Rockingham Co	6	Valley Program for Aging Services, Inc.
LITHIA	24066	BUCHANAN	Botetourt Co	5	LOA - Area Agency on Aging, Inc.
LITTLE PLYMOUTH	23091		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LIVELY	22507		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LOCUST DALE	22948		Madison Co	9	Rappahannock-Rapidan Community Services Board
LOCUST GROVE	22508		Orange Co	9	Rappahannock-Rapidan Community Services Board
LOCUST HILL	23092		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LOCUSTVILLE	23404		Accomack Co	22	Eastern Shore Area Agency on Aging
LONG ISLAND	24569		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
LORETTO	22509		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.

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LORTON	22079		Fairfax Co	8C	Fairfax Area Agency on Aging
LOTTSBURG	22511		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
LOUISA	23093		Louisa Co	10	Jefferson Area Board for Aging
LOVETTSVILLE	20180		Loudoun Co	8D	Loudoun County Area Agency on Aging
LOVINGSTON	22949		Nelson Co	10	Jefferson Area Board for Aging
LOW MOOR	24457		Alleghany Co	5	LOA - Area Agency on Aging, Inc.
LOWESVILLE	22967		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
LOWRY	24570		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
LUNENBURG	23952		Lunenburg Co	14	Piedmont Senior Resources Area Agency on Aging
LURAY	22835		Page Co	7	Shenandoah Area Agency on Aging, Inc.
LYNCH STATION	24571		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
LYNCHBURG	24501		Lynchburg City	11	Central Virginia Area Agency on Aging, Inc.
LYNCHBURG	24502		Lynchburg City	11	Central Virginia Area Agency on Aging, Inc.
LYNCHBURG	24503		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
LYNCHBURG	24504		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
LYNDHURST	22952		Augusta Co	6	Valley Program for Aging Services, Inc.
MACHIPONGO	23405		Northhampton Co	22	Eastern Shore Area Agency on Aging
MACON	23101		Powhatan Co	15	Capital Area Agency on Aging, Inc.
MADISON	22727		Madison Co	9	Rappahannock-Rapidan Community Services Board
MADISON HEIGHTS	24572		Amherst Co	11	Central Virginia Area Agency on Aging, Inc.
MADISON MILLS	22953		Madison Co	9	Rappahannock-Rapidan Community Services Board
MAIDENS	23102		Goochland Co	15	Capital Area Agency on Aging, Inc.
MANAKIN SABOT	23103		Goochland Co	15	Capital Area Agency on Aging, Inc.
MANASSAS	20109		Prince William Co	8E	Prince William Area Agency on Aging
MANASSAS	20110		Manassas City	8E	Prince William Area Agency on Aging
MANASSAS	20111		Prince William Co	8E	Prince William Area Agency on Aging

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MANASSAS	20112		Prince William Co	8E	Prince William Area Agency on Aging
MANASSAS PARK	20113	MANASSAS	Manassas Park City	8E	Prince William Area Agency on Aging
MANGOHICK	23069	HANOVER	Hanover Co	15	Capital Area Agency on Aging, Inc.
MANNBORO	23105		Amelia Co	14	Piedmont Senior Resources Area Agency on Aging
MANQUIN	23106		King William Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MAPPSVILLE	23407		Accomack Co	22	Eastern Shore Area Agency on Aging
MARION	24354		Smyth Co	3	District Three Senior Services
MARIONVILLE	23408		Northampton Co	22	Eastern Shore Area Agency on Aging
MARKHAM	22643		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
MARSHALL	20115		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
MARTINSVILLE	24112		Henry Co	12	Southern Area Agency on Aging, Inc.
MARYUS	23107		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MASCOT	23108		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MASON NECK	22079		Fairfax Co	8C	Fairfax Area Agency on Aging
MASSANUTTEN	22840	MCGAHEYSVILLE	Rockingham Co	6	Valley Program for Aging Services, Inc.
MASSIES MILL	22954		Nelson Co	10	Jefferson Area Board for Aging
MATHEWS	23109		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MATTAPONI	23110		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MAURERTOWN	22644		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
MAVISDALE	24627		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
MAX MEADOWS	24360		Wythe Co	3	District Three Senior Services
MAXIE	24628		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
MC CLURE	24269		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
MC DOWELL	24458		Highland Co	6	Valley Program for Aging Services, Inc.
MC GAHEYSVILLE	22840		Rockingham Co	6	Valley Program for Aging Services, Inc.
MC KENNEY	23872		Dinwiddie Co	19	Crater District Area Agency on Aging

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MC LEAN	22101		Fairfax Co	8C	Fairfax Area Agency on Aging
MC LEAN	22102		Fairfax Co	8C	Fairfax Area Agency on Aging
McCOY	24111		Montgomery Co	4	New River Valley Agency on Aging
MEADOWS OF DAN	24120		Patrick Co	12	Southern Area Agency on Aging, Inc.
MEADOWVIEW	24361		Washington Co	3	District Three Senior Services
MEARS	23409		Accomack Co	22	Eastern Shore Area Agency on Aging
MECHANICSVILLE	23111		Hanover Co	15	Capital Area Agency on Aging, Inc.
MECHANICSVILLE	23116		Hanover Co	15	Capital Area Agency on Aging, Inc.
MEHERRIN	23954		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
MELFA	23410		Accomack Co	22	Eastern Shore Area Agency on Aging
MENDOTA	24270		Washington Co	3	District Three Senior Services
MEREDITHVILLE	23873		Brunswick Co	13	Lake Country Area Agency on Aging
MERRIFIELD	22081		Fairfax Co	8C	Fairfax Area Agency on Aging
MERRY POINT	22513		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MIDDLEBROOK	24459		Augusta Co	6	Valley Program for Aging Services, Inc.
MIDDLEBURG	20117		Loudoun Co	8D	Loudoun County Area Agency on Aging
MIDDLETOWN	22645		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
MIDDLETOWN	22649		Warren Co	7	Shenandoah Area Agency on Aging, Inc.
MIDLAND	22728		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
MIDLOTHIAN	23112		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
MIDLOTHIAN	23113		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
MILES	23025	CARDINAL	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MILFORD	22514		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
MILLBORO	24460		Bath Co	6	Valley Program for Aging Services, Inc.
MILLERS TAVERN	23115		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MILLWOOD	22646		Clarke Co	7	Shenandoah Area Agency on Aging, Inc.

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MINE RUN	22508	LOCUST GROVE	Orange Co	9	Rappahannock-Rapidan Community Services Board
MINERAL	23117		Louisa Co	10	Jefferson Area Board for Aging
MINT SPRING	24463		Augusta Co	6	Valley Program for Aging Services, Inc.
MISSION HOME	22940	FREE UNION	Albemarle Co	10	Jefferson Area Board for Aging
MITCHELLS	22729		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
MOBJACK	23056	FOSTER	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MODEST TOWN	23412		Accomack Co	22	Eastern Shore Area Agency on Aging
MOLLUSK	22517		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MONETA	24121		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
MONROE	24574		Amherst Co	11	Central Virginia Area Agency on Aging, Inc.
MONTEBELLO	24464		Nelson Co	10	Jefferson Area Board for Aging
MONTEREY	24465		Highland Co	6	Valley Program for Aging Services, Inc.
MONTEZUMA	22821	DAYTON	Rockingham Co	6	Valley Program for Aging Services, Inc.
MONTFORD	22821	ORANGE	Orange Co	9	Rappahannock-Rapidan Community Services Board
MONTICELLO	22902	CHARLOTTESVILLE	Albemarle Co	10	Jefferson Area Board for Aging
MONTPELIER	23192		Hanover Co	15	Capital Area Agency on Aging, Inc.
MONTPELIER STATION	22957		Orange Co	9	Rappahannock-Rapidan Community Services Board
MONTROSE HEIGHTS	23231	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
MONTROSS	22520		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MONTVALE	24122		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
MOON	23119		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MORATTICO	22523		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MORRISVILLE	22712	BEALETON	Fauquier Co	9	Rappahannock-Rapidan Community Services Board
MOSBY	22042	FALLS CHURCH	Fairfax Co	8C	Fairfax Area Agency on Aging
MOSELEY	23120		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
MOUNT CRAWFORD	22841		Rockingham Co	6	Valley Program for Aging Services, Inc.

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MOUNT HOLLY	22524		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
MOUNT JACKSON	22842		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
MOUNT SIDNEY	24467		Augusta Co	6	Valley Program for Aging Services, Inc.
MOUNT SOLON	22843		Augusta Co	6	Valley Program for Aging Services, Inc.
MOUNT VERNON	22121		Fairfax Co	8C	Fairfax Area Agency on Aging
MOUTH OF WILSON	24363		Grayson Co	3	District Three Senior Services
MUSTOE	24468		Highland Co	6	Valley Program for Aging Services, Inc.
NARROWS	24124		Giles Co	4	New River Valley Agency on Aging
NARUNA	24576		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.
NASONS	22960	ORANGE	Orange Co	9	Rappahannock-Rapidan Community Services Board
NASSAWADOX	23413		Northhampton Co	22	Eastern Shore Area Agency on Aging
NATHALIE	24577		Halifax Co	13	Lake Country Area Agency on Aging
NATURAL BRIDGE	24578		Rockbridge Co	6	Valley Program for Aging Services, Inc.
NATURAL BRIDGE STATION	24579		Rockbridge Co	6	Valley Program for Aging Services, Inc.
NAVAL BASE	23521	NORFOLK	Norfolk City	20	Senior Services of Southeastern Virginia
NAVAL WEAPONS STATION	23691	YORKTOWN	York Co	21	Peninsula Agency on Aging, Inc.
NAXERA	23061	GLOUCESTER	Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
NELLYSFORD	22958		Nelson Co	10	Jefferson Area Board for Aging
NELSON	24580		Mecklenburg Co	13	Lake Country Area Agency on Aging
NELSONIA	23414		Accomack Co	22	Eastern Shore Area Agency on Aging
NEW BALTIMORE	20187	WARRENTON	Fauquier Co	9	Rappahannock-Rapidan Community Services Board
NEW CANTON	23123		Buckingham Co	14	Piedmont Senior Resources Area Agency on Aging
NEW CASTLE	24127		Craig Co	5	LOA - Area Agency on Aging, Inc.
NEW CHURCH	23415		Accomack Co	22	Eastern Shore Area Agency on Aging
NEW HOPE	24469		Augusta Co	6	Valley Program for Aging Services, Inc.
NEW KENT	23124		New Kent Co	15	Capital Area Agency on Aging, Inc.

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NEW MARKET	22844		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
NEW POINT	23125		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
NEW RIVER	24129		Pulaski Co	4	New River Valley Agency on Aging
NEWBERN	24126		Pulaski Co	4	New River Valley Agency on Aging
NEWINGTON	22122		Fairfax Co	8C	Fairfax Area Agency on Aging
NEWPORT	24128		Giles Co	4	New River Valley Agency on Aging
NEWPORT NEWS	23601		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWPORT NEWS	23602		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWPORT NEWS	23603		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWPORT NEWS	23605		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWPORT NEWS	23606		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWPORT NEWS	23607		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWPORT NEWS	23608		Newport News City	21	Peninsula Agency on Aging, Inc.
NEWSOMS	23874		Southampton Co	20	Senior Services of Southeastern Virginia
NEWTOWN	23126		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
NICKELSVILLE	24271		Scott Co	1	Mountain Empire Older Citizens, Inc.
NINDE	22526		King George Co	16	Rappahannock Area Agency on Aging, Inc.
NOKESVILLE	20181		Prince William Co	8E	Prince William Area Agency on Aging
NORA	24272		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
NORFOLK	23502		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23503		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23504		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23505		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23508		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23509		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23511		Norfolk City	20	Senior Services of Southeastern Virginia

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NORFOLK	23513		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23517		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23518		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23521		Virginia Beach City	20	Senior Services of Southeastern Virginia
NORFOLK	23523		Norfolk City	20	Senior Services of Southeastern Virginia
NORFOLK	23529		Norfolk City	20	Senior Services of Southeastern Virginia
NORGE	23127		James City Co	21	Peninsula Agency on Aging, Inc.
NORTH	23128		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
NORTH GARDEN	22959		Albemarle Co	10	Jefferson Area Board for Aging
NORTH SPRINGFIELD	22151		Fairfax Co	8C	Fairfax Area Agency on Aging
NORTH TAZEWELL	24630		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
NORTHSIDE	23222	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
NORTON	24273		Norton City	1	Mountain Empire Older Citizens, Inc.
NORTONSVILLE	22935	DYKE	Greene Co	10	Jefferson Area Board for Aging
NORWOOD	24581		Nelson Co	10	Jefferson Area Board for Aging
NOTTOWAY	23955		Nottoway Co	14	Piedmont Senior Resources Area Agency on Aging
NUTTSVILLE	22528		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
OAK GROVE	22443	COLONIAL BEACH	Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
OAK HALL	23416		Accomack Co	22	Eastern Shore Area Agency on Aging
OAK HILL	20170	HERNDON	Fairfax Co	8C	Fairfax Area Agency on Aging
OAKPARK	22730		Madison Co	9	Rappahannock-Rapidan Community Services Board
OAKTON	22124		Fairfax Co	8C	Fairfax Area Agency on Aging
OAKWOOD	24631		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
OCCOQUAN	22125		Prince William Co	8E	Prince William Area Agency on Aging
OILVILLE	23129		Goochland Co	15	Capital Area Agency on Aging, Inc.
OLDHAMS	22529		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.

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ONANCOCK	23417		Accomack Co	22	Eastern Shore Area Agency on Aging
ONEMO	23130		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ONLEY	23418		Accomack Co	22	Eastern Shore Area Agency on Aging
OPHELIA	22530		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ORANGE	22960		Orange Co	9	Rappahannock-Rapidan Community Services Board
ORDINARY	23131		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ORISKANY	24130		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
ORKNEY SPRINGS	22845		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
ORLEAN	20128		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
OYSTER	23419		Northampton Co	22	Eastern Shore Area Agency on Aging
PAEONIAN SPRINGS	20129		Loudoun Co	8D	Loudoun County Area Agency on Aging
PAINT BANK	24131		Craig Co	5	LOA - Area Agency on Aging, Inc.
PAINTER	23420		Accomack Co	22	Eastern Shore Area Agency on Aging
PALMYRA	22963		Fluvanna Co	10	Jefferson Area Board for Aging
PAMPLIN	23958		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
PARIS	20130		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
PARKSLEY	23421		Accomack Co	22	Eastern Shore Area Agency on Aging
PARROTT	24132		Pulaski Co	4	New River Valley Agency on Aging
PARTLOW	22534		Spotsylvania Co	16	Rappahannock Area Agency on Aging, Inc.
PATRICK SPRINGS	24133		Patrick Co	12	Southern Area Agency on Aging, Inc.
PATTERSON	24631	OAKWOOD	Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
PEARISBURG	24134		Giles Co	4	New River Valley Agency on Aging
PEARY	23138	PORT HAYWOOD	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
PEMBROKE	24136		Giles Co	4	New River Valley Agency on Aging
PENHOOK	24137		Franklin Co	12	Southern Area Agency on Aging, Inc.
PENN LAIRD	22846		Rockingham Co	6	Valley Program for Aging Services, Inc.

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PENNINGTON GAP	24277		Lee Co	1	Mountain Empire Older Citizens, Inc.
PETERSBURG	23803		Dinwiddie Co	19	Crater District Area Agency on Aging
PETERSBURG	23805		Prince George Co	19	Crater District Area Agency on Aging
PETERSBURG	23806		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
PHENIX	23959		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
PHILOMONT	20131		Loudoun Co	8D	Loudoun County Area Agency on Aging
PILGRIMS KNOB	24634		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
PILOT	24138		Montgomery Co	4	New River Valley Agency on Aging
PIMMIT	22043	FALLS CHURCH	Fairfax Co	8C	Fairfax Area Agency on Aging
PINEY RIVER	22964		Nelson Co	10	Jefferson Area Board for Aging
PITTSVILLE	24139		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
PLAIN VIEW	23156	SHACKLEFORDS	King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
PLEASANT VALLEY	22848		Rockingham Co	6	Valley Program for Aging Services, Inc.
POCAHONTAS	24635		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
POQUOSON	23662		Poquoson City	21	Peninsula Agency on Aging, Inc.
PORT HAYWOOD	23138		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
PORT REPUBLIC	24471		Rockingham Co	6	Valley Program for Aging Services, Inc.
PORT ROYAL	22535		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
PORTSMOUTH	23701		Portsmouth City	20	Senior Services of Southeastern Virginia
PORTSMOUTH	23702		Portsmouth City	20	Senior Services of Southeastern Virginia
PORTSMOUTH	23703		Portsmouth City	20	Senior Services of Southeastern Virginia
PORTSMOUTH	23704		Portsmouth City	20	Senior Services of Southeastern Virginia
PORTSMOUTH	23707		Portsmouth City	20	Senior Services of Southeastern Virginia
PORTSMOUTH	23709		Portsmouth City	20	Senior Services of Southeastern Virginia
POTOMAC FALLS	20165	STERLING	Loudoun Co	8D	Loudoun County Area Agency on Aging
POUND	24279		Wise Co	1	Mountain Empire Older Citizens, Inc.

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POUNDING MILL	24637		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
POWHATAN	23139		Powhatan Co	15	Capital Area Agency on Aging, Inc.
PRATTS	22731		Madison Co	9	Rappahannock-Rapidan Community Services Board
PRINCE GEORGE	23875		Prince George Co	19	Crater District Area Agency on Aging
PRINCE WILLIAM	22193	WOODBIDGE	Prince William Co	8E	Prince William Area Agency on Aging
PROSPECT	23960		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
PROVIDENCE FORGE	23140		New Kent Co	15	Capital Area Agency on Aging, Inc.
PULASKI	24301		Pulaski Co	4	New River Valley Agency on Aging
PUNGOTEAGUE	23422		Accomack Co	22	Eastern Shore Area Agency on Aging
PURCELLVILLE	20132		Loudoun Co	8D	Loudoun County Area Agency on Aging
QUANTICO	22134		Prince William Co	8E	Prince William Area Agency on Aging
QUICKSBURG	22847		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
QUINBY	23423		Accomack Co	22	Eastern Shore Area Agency on Aging
QUINQUE	22965		Greene Co	10	Jefferson Area Board for Aging
QUINTON	23141		New Kent Co	15	Capital Area Agency on Aging, Inc.
RACCOON FORD	22701	CULPEPER	Culpeper Co	9	Rappahannock-Rapidan Community Services Board
RADFORD	24141		Radford City	4	New River Valley Agency on Aging
RADFORD	24142		Radford City	4	New River Valley Agency on Aging
RADIANT	22732		Madison Co	9	Rappahannock-Rapidan Community Services Board
RANDOLPH	23962		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
RAPHINE	24472		Augusta Co	6	Valley Program for Aging Services, Inc.
RAPIDAN	22733		Orange Co	9	Rappahannock-Rapidan Community Services Board
RAPPAHANNOCK ACADEMY	22538		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
RAVEN	24639		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
RAWLINGS	23876		Brunswick Co	13	Lake Country Area Agency on Aging
RECTORTOWN	20140		Fauquier Co	9	Rappahannock-Rapidan Community Services Board

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RED ASH	24640		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
RED HOUSE	23963		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
RED OAK	23964		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
REDART	23076	HUDGINS	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
REDWOOD	24146		Franklin Co	12	Southern Area Agency on Aging, Inc.
REEDVILLE	22539		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
REGENCY	23294	RICHMOND	Henrico Co	15	Capital Area Agency on Aging, Inc.
REGINA	22503		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
RELIANCE	22645	MIDDLETOWN	Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
REMINGTON	22734		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
REMLIK	23175	URBANNA	Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
REPUBLICAN GROVE	24585		Halifax Co	13	Lake Country Area Agency on Aging
RESCUE	23424		Isle of Wight Co	20	Senior Services of Southeastern Virginia
RESTON	20190		Fairfax Co	8C	Fairfax Area Agency on Aging
RESTON	20191		Fairfax Co	8C	Fairfax Area Agency on Aging
RESTON	20194		Fairfax Co	8C	Fairfax Area Agency on Aging
REVA	22735		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
RHOADESVILLE	22542		Orange Co	9	Rappahannock-Rapidan Community Services Board
RICE	23966		Prince Edward Co	14	Piedmont Senior Resources Area Agency on Aging
RICH CREEK	24147		Giles Co	4	New River Valley Agency on Aging
RICHARDSVILLE	22736		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
RICHLANDS	24641		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
RICHMOND	23219		Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23220		Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23221		Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23222		Henrico Co	15	Capital Area Agency on Aging, Inc.

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RICHMOND	23223		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23224		Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23225		Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23226		Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23227		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23228		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23229		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23230		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23231		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23233		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23234		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23235		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23236		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23237		Chesterfield Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23250		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23285	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
RICHMOND	23294		Henrico Co	15	Capital Area Agency on Aging, Inc.
RICHMOND	23298		Richmond City	15	Capital Area Agency on Aging, Inc.
RIDGE	23242	RICHMOND	Henrico Co	15	Capital Area Agency on Aging, Inc.
RIDGEWAY	24148		Henry Co	12	Southern Area Agency on Aging, Inc.
RILEYVILLE	22650		Page Co	7	Shenandoah Area Agency on Aging, Inc.
RINER	24149		Montgomery Co	4	New River Valley Agency on Aging
RINGGOLD	24586		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
RIPPLEMEAD	24150		Giles Co	4	New River Valley Agency on Aging
RIVERTON	22630		Warren Co	7	Shenandoah Area Agency on Aging, Inc.
RIXEYVILLE	22737		Culpeper Co	9	Rappahannock-Rapidan Community Services Board

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ROANOKE	24011		Roanoke City	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24012		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24013		Roanoke City	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24014		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24015		Roanoke City	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24016		Roanoke City	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24017		Roanoke City	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24018		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24019		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
ROANOKE	24020		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
ROCHELLE	22738		Madison Co	9	Rappahannock-Rapidan Community Services Board
ROCKBRIDGE BATHS	24473		Rockbridge Co	6	Valley Program for Aging Services, Inc.
ROCKFISH	22971	SHIPMAN	Nelson Co	10	Jefferson Area Board for Aging
ROCKVILLE	23146		Hanover Co	15	Capital Area Agency on Aging, Inc.
ROCKY GAP	24366		Bland Co	3	District Three Senior Services
ROCKY MOUNT	24151		Franklin Co	12	Southern Area Agency on Aging, Inc.
ROLLINS FORK	22544		King George Co	16	Rappahannock Area Agency on Aging, Inc.
ROSE HILL	24281		Lee Co	1	Mountain Empire Older Citizens, Inc.
ROSEDALE	24280		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
ROSELAND	22967		Nelson Co	10	Jefferson Area Board for Aging
ROUND HILL	20141		Loudoun Co	8D	Loudoun County Area Agency on Aging
ROWE	24646		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
RUBY	22545		Stafford Co	16	Rappahannock Area Agency on Aging, Inc.
RUCKERSVILLE	22968		Greene Co	10	Jefferson Area Board for Aging
RURAL RETREAT	24368		Wythe Co	3	District Three Senior Services
RUSTBURG	24588		Campbell Co	11	Central Virginia Area Agency on Aging, Inc.

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RUTHER GLEN	22546		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
RUTHVILLE	23147		Charles City Co	15	Capital Area Agency on Aging, Inc.
SAINT CHARLES	24282		Lee Co	1	Mountain Empire Older Citizens, Inc.
SAINT PAUL	24283		Wise Co	1	Mountain Empire Older Citizens, Inc.
SAINT STEPHENS CHURCH	23148		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SALEM	24153		Roanoke Co	5	LOA - Area Agency on Aging, Inc.
SALTVILLE	24370		Smyth Co	3	District Three Senior Services
SALUDA	23149		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SANDSTON	23150		Henrico Co	15	Capital Area Agency on Aging, Inc.
SANDY HOOK	23153		Goochland Co	15	Capital Area Agency on Aging, Inc.
SANDY LEVEL	24161		Pittsylvania Co	12	Southern Area Agency on Aging, Inc.
SANDY POINT	22577		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SANFORD	23426		Accomack Co	22	Eastern Shore Area Agency on Aging
SAUNDERS	23220	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
SAXE	23967		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
SAXIS	23427		Accomack Co	22	Eastern Shore Area Agency on Aging
SCHLEY	23154		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SCHUYLER	22969		Nelson Co	10	Jefferson Area Board for Aging
SCOTTSBURG	24589		Halifax Co	13	Lake Country Area Agency on Aging
SCOTTSVILLE	24590		Buckingham Co	14	Piedmont Senior Resources Area Agency on Aging
SEAFORD	23696		York Co	21	Peninsula Agency on Aging, Inc.
SEALSTON	22547		King George Co	16	Rappahannock Area Agency on Aging, Inc.
SEAVIEW	23429		Northampton Co	22	Eastern Shore Area Agency on Aging
SEDLEY	23878		Southampton Co	20	Senior Services of Southeastern Virginia
SELMA	24474		Alleghany Co	5	LOA - Area Agency on Aging, Inc.
SEVEN CORNERS	22044	FALLS CHURCH	Fairfax Co	8C	Fairfax Area Agency on Aging

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SEVEN FOUNTAINS	22652	FORT VALLEY	Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
SEVEN MILE FORD	24373		Smyth Co	3	District Three Senior Services
SEVERN	23155		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SHACKLEFORDS	23156		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SHADOW	23163	SUSAN	Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SHADWELL	22947	KESWICK	Albemarle Co	10	Jefferson Area Board for Aging
SHANGHAI	23110	MATTAPONI	King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SHARPS	22548		Richmond Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SHAWSVILLE	24162		Montgomery Co	4	New River Valley Agency on Aging
SHELBY	22727	MADISON	Madison Co	9	Rappahannock-Rapidan Community Services Board
SHENANDOAH	22849		Page Co	7	Shenandoah Area Agency on Aging, Inc.
SHENANDOAH CAVERNS	22847	QUICKSBURG	Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
SHERANDO	22952	LYNDHURST	Augusta Co	6	Valley Program for Aging Services, Inc.
SHIPMAN	22971		Nelson Co	10	Jefferson Area Board for Aging
SHORTT GAP	24647		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
SIMPSONS	24072	CHECK	Floyd Co	4	New River Valley Agency on Aging
SINGERS GLEN	22850		Rockingham Co	6	Valley Program for Aging Services, Inc.
SKIPPERS	23879		Greensville Co	19	Crater District Area Agency on Aging
SKIPWITH	23968		Mecklenburg Co	13	Lake Country Area Agency on Aging
SMITHFIELD	23430		Isle of Wight Co	20	Senior Services of Southeastern Virginia
SNELL	22553	SPOTSYLVANIA	Spotsylvania Co	16	Rappahannock Area Agency on Aging, Inc.
SOMERSET	22972		Orange Co	9	Rappahannock-Rapidan Community Services Board
SOMERVILLE	22739		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
SOUTH BOSTON	24592		Halifax Co	13	Lake Country Area Agency on Aging
SOUTH HILL	23970		Mecklenburg Co	13	Lake Country Area Agency on Aging
SOUTH NORFOLK	23324	CHESAPEAKE	Chesapeake City	20	Senior Services of Southeastern Virginia

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SOUTH RIDING	20152	CHANTILLY	Fairfax Co	8C	Fairfax Area Agency on Aging
SOUTHSIDE	23224	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
SPARTA	22552		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
SPEEDWELL	24374		Wythe Co	3	District Three Senior Services
SPENCER	24165		Henry Co	12	Southern Area Agency on Aging, Inc.
SPERRYVILLE	22740		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
SPOTSYLVANIA	22553		Spotsylvania Co	16	Rappahannock Area Agency on Aging, Inc.
SPOTTSWOOD	24475		Augusta Co	6	Valley Program for Aging Services, Inc.
SPOUT SPRING	24593		Appomattox Co	11	Central Virginia Area Agency on Aging, Inc.
SPRING GROVE	23881		Surry Co	19	Crater District Area Agency on Aging
SPRINGFIELD	22150		Fairfax Co	8C	Fairfax Area Agency on Aging
SPRINGFIELD	22151		Fairfax Co	8C	Fairfax Area Agency on Aging
SPRINGFIELD	22152		Fairfax Co	8C	Fairfax Area Agency on Aging
SPRINGFIELD	22153		Fairfax Co	8C	Fairfax Area Agency on Aging
ST DAVID'S CHURCH	22652	FORT VALLEY	Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
STAFFORD	22554		Stafford Co	16	Rappahannock Area Agency on Aging, Inc.
STAFFORDSVILLE	24167		Giles Co	4	New River Valley Agency on Aging
STANARDSVILLE	22973		Greene Co	10	Jefferson Area Board for Aging
STANLEY	22851		Page Co	7	Shenandoah Area Agency on Aging, Inc.
STANLEYTOWN	24168		Henry Co	12	Southern Area Agency on Aging, Inc.
STAR TANNERY	22654		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
STATE FARM	23160		Goochland Co	15	Capital Area Agency on Aging, Inc.
STAUNTON	24401		Augusta Co	6	Valley Program for Aging Services, Inc.
STEELES TAVERN	24476		Augusta Co	6	Valley Program for Aging Services, Inc.
STEPHENS CITY	22655		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
STEPHENSON	22656		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.

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STERLING	20164		Loudoun Co	8D	Loudoun County Area Agency on Aging
STERLING	20165		Loudoun Co	8D	Loudoun County Area Agency on Aging
STERLING	20166		Loudoun Co	8D	Loudoun County Area Agency on Aging
STEVENSBURG	22741		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
STEVENSVILLE	23161		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
STEWART	23221	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
STONEGA	24285		Wise Co	1	Mountain Empire Older Citizens, Inc.
STONY CREEK	23882		Sussex Co	19	Crater District Area Agency on Aging
STRASBURG	22641		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
STRASBURG	22657		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
STRATFORD	22558		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
STUART	24171		Patrick Co	12	Southern Area Agency on Aging, Inc.
STUARTS DRAFT	24477		Augusta Co	6	Valley Program for Aging Services, Inc.
STUDLEY	23162		Hanover Co	15	Capital Area Agency on Aging, Inc.
SUFFOLK	23432		Suffolk City	20	Senior Services of Southeastern Virginia
SUFFOLK	23433		Suffolk City	20	Senior Services of Southeastern Virginia
SUFFOLK	23434		Suffolk City	20	Senior Services of Southeastern Virginia
SUFFOLK	23435		Suffolk City	20	Senior Services of Southeastern Virginia
SUFFOLK	23436		Suffolk City	20	Senior Services of Southeastern Virginia
SUFFOLK	23437		Suffolk City	20	Senior Services of Southeastern Virginia
SUFFOLK	23438		Suffolk City	20	Senior Services of Southeastern Virginia
SUGAR GROVE	24375		Smyth Co	3	District Three Senior Services
SULLY STATION	20120	CENTREVILLE	Fairfax Co	8C	Fairfax Area Agency on Aging
SUMERDUCK	22742		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
SUPPLY	22436	CARET	Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SURRY	23883		Surry Co	19	Crater District Area Agency on Aging

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SUSAN	23163		Mathews Co	17/18	Chesapeake Bay Agency on Aging, Inc.
SUSSEX	23884		Sussex Co	19	Crater District Area Agency on Aging
SUTHERLAND	23885		Dinwiddie Co	19	Crater District Area Agency on Aging
SUTHERLIN	24594		Halifax Co	13	Lake Country Area Agency on Aging
SWEET BRIAR	24595		Amherst Co	11	Central Virginia Area Agency on Aging, Inc.
SWOOPE	24479		Augusta Co	6	Valley Program for Aging Services, Inc.
SWORDS CREEK	24649		Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
SYRIA	22743		Madison Co	9	Rappahannock-Rapidan Community Services Board
SYRINGA	23169	TOPPING	Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
TABB	23693	YORKTOWN	York Co	21	Peninsula Agency on Aging, Inc.
TAMWORTH	23027	CARTERSVILLE	Cumberland Co	14	Piedmont Senior Resources Area Agency on Aging
TANGIER	23440		Accomack Co	22	Eastern Shore Area Agency on Aging
TANNERSVILLE	24377		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
TAPPAHANNOCK	22560		Essex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
TASLEY	23441		Accomack Co	22	Eastern Shore Area Agency on Aging
TAZEWELL	24651		Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
TEMPERANCEVILLE	23442		Accomack Co	22	Eastern Shore Area Agency on Aging
THAXTON	24174		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
THE PLAINS	20198		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
THORNBURG	22565		Spotsylvania Co	16	Rappahannock Area Agency on Aging, Inc.
THORNHILL	22960	ORANGE	Orange Co	9	Rappahannock-Rapidan Community Services Board
TIMBERLAKE	24502		Lynchburg City	11	Central Virginia Area Agency on Aging, Inc.
TIMBERVILLE	22853		Rockingham Co	6	Valley Program for Aging Services, Inc.
TIPTOP	24630	NORTH TAZEWELL	Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
TOANO	23168		James City Co	21	Peninsula Agency on Aging, Inc.
TOMS BROOK	22660		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.

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TOPPING	23169		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
TOWNSEND	23443		Northampton Co	22	Eastern Shore Area Agency on Aging
TRAMMEL	24289		Dickenson Co	2	Appalachian Agency for Senior Citizens, Inc.
TREVILIANS	23170		Louisa Co	10	Jefferson Area Board for Aging
TRIANGLE	22172		Prince William Co	8E	Prince William Area Agency on Aging
TRIPLET	23868	LAWRENCEVILLE	Brunswick Co	13	Lake Country Area Agency on Aging
TROUT DALE	24378		Grayson Co	3	District Three Senior Services
TROUTVILLE	24175		Botetourt Co	5	LOA - Area Agency on Aging, Inc.
TROY	22974		Fluvanna Co	10	Jefferson Area Board for Aging
TURBEVILLE	24592	SOUTH BOSTON	Halifax Co	13	Lake Country Area Agency on Aging
TWYMANS MILL	22727		Madison Co	9	Rappahannock-Rapidan Community Services Board
TYE RIVER	22922	ARRINGTON	Nelson Co	10	Jefferson Area Board for Aging
TYRO	22976		Nelson Co	10	Jefferson Area Board for Aging
UNION HALL	24176		Franklin Co	12	Southern Area Agency on Aging, Inc.
UNIONVILLE	22567		Orange Co	9	Rappahannock-Rapidan Community Services Board
UNIVERSITY	22903	CHARLOTTESVILLE	Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
UNIVERSITY OF RICHMOND	23173		Richmond City	15	Capital Area Agency on Aging, Inc.
UNO	22738	ROCHELLE	Madison Co	9	Rappahannock-Rapidan Community Services Board
UPPERVILLE	20184		Loudoun Co	8D	Loudoun County Area Agency on Aging
URBANNA	23175		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
VALENTINES	23887		Brunswick Co	13	Lake Country Area Agency on Aging
VANSANT	24656		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
VENIA	24260	HONAKER	Russell Co	2	Appalachian Agency for Senior Citizens, Inc.
VERNON HILL	24597		Halifax Co	13	Lake Country Area Agency on Aging
VERONA	24482		Augusta Co	6	Valley Program for Aging Services, Inc.
VESTA	24117		Patrick Co	12	Southern Area Agency on Aging, Inc.

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VESUVIUS	24483		Rockbridge Co	6	Valley Program for Aging Services, Inc.
VICTORIA	23974		Lunenburg Co	14	Piedmont Senior Resources Area Agency on Aging
VIENNA	22180		Fairfax Co	8C	Fairfax Area Agency on Aging
VIENNA	22181		Fairfax Co	8C	Fairfax Area Agency on Aging
VIENNA	22182		Fairfax Co	8C	Fairfax Area Agency on Aging
VIEWTOWN	22746		Culpeper Co	9	Rappahannock-Rapidan Community Services Board
VILLAGE	22570		Richmond Co	17/18	Chesapeake Bay Agency on Aging, Inc.
VILLAMONT	24178		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
VINT HILL FARMS	20187	WARRENTON	Fauquier Co	9	Rappahannock-Rapidan Community Services Board
VINTON	24179		Bedford Co	11	Central Virginia Area Agency on Aging, Inc.
VIRGILINA	24598		Halifax Co	13	Lake Country Area Agency on Aging
VIRGINIA BEACH	23451		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23452		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23454		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23455		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23456		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23457		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23459		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23460		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23461		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23462		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23463		Virginia Beach City	20	Senior Services of Southeastern Virginia
VIRGINIA BEACH	23464		Virginia Beach City	20	Senior Services of Southeastern Virginia
VOLNEY	24379		Grayson Co	3	District Three Senior Services
WACHAPREAGUE	23480		Accomack Co	22	Eastern Shore Area Agency on Aging
WAKE	23176		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.

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WAKEFIELD	23888		Sussex Co	19	Crater District Area Agency on Aging
WALKERTON	23177		King and Queen Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WALLOPS ISLAND	23337		Accomack Co	22	Eastern Shore Area Agency on Aging
WARDTOWN	23482		Northampton Co	22	Eastern Shore Area Agency on Aging
WARE NECK	23178		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WARFIELD	23889		Brunswick Co	13	Lake Country Area Agency on Aging
WARM SPRINGS	24484		Bath Co	6	Valley Program for Aging Services, Inc.
WARNER	23175	URBANNA	Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WARRENTON	20186		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
WARRENTON	20187		Fauquier Co	9	Rappahannock-Rapidan Community Services Board
WARSAW	22572		Richmond Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WASHINGTON	20041		Loudoun Co	8D	Loudoun County Area Agency on Aging
WASHINGTON	22747		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
WASHINGTON'S BIRTHPLAC	22443	COLONIAL BEACH	Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WATER VIEW	23180		Middlesex Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WATERFORD	20197		Loudoun Co	8D	Loudoun County Area Agency on Aging
WATTSVILLE	23483		Accomack Co	22	Eastern Shore Area Agency on Aging
WAVERLY	23890		Sussex Co	19	Crater District Area Agency on Aging
WAYNESBORO	22980		Waynesboro City	6	Valley Program for Aging Services, Inc.
WEBER CITY	24290		Scott Co	1	Mountain Empire Older Citizens, Inc.
WEEMS	22576		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WEIRWOOD	23413	NASSAWADOX	Northampton Co	22	Eastern Shore Area Agency on Aging
WEST AUGUSTA	24485		Augusta Co	6	Valley Program for Aging Services, Inc.
WEST END	23230	RICHMOND	Henrico Co	15	Capital Area Agency on Aging, Inc.
WEST MCLEAN	22103		Fairfax Co	8C	Fairfax Area Agency on Aging
WEST POINT	23181		King William Co	17/18	Chesapeake Bay Agency on Aging, Inc.

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WEST SPRINGFIELD	22152	SPRINGFIELD	Fairfax Co	8C	Fairfax Area Agency on Aging
WESTHAMPTON	23226	RICHMOND	Richmond City	15	Capital Area Agency on Aging, Inc.
WEYERS CAVE	24486		Augusta Co	6	Valley Program for Aging Services, Inc.
WHITACRE	22625	CROSS JUNCTION	Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
WHITE HALL	22987		Albemarle Co	10	Jefferson Area Board for Aging
WHITE MARSH	23183		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WHITE PLAINS	23893		Brunswick Co	13	Lake Country Area Agency on Aging
WHITE POST	22663		Clarke Co	7	Shenandoah Area Agency on Aging, Inc.
WHITE STONE	22578		Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WHITETOP	24292		Grayson Co	3	District Three Senior Services
WHITEWOOD	24657		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
WICOMICO	23184		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WICOMICO CHURCH	22579		Northumberland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WILDWOOD	22963	PALMYRA	Fluvanna Co	10	Jefferson Area Board for Aging
WILLIAMSBURG	23185		James City Co	21	Peninsula Agency on Aging, Inc.
WILLIAMSBURG	23186		Williamsburg City	21	Peninsula Agency on Aging, Inc.
WILLIAMSBURG	23188		James City Co	21	Peninsula Agency on Aging, Inc.
WILLIAMSVILLE	24487		Bath Co	6	Valley Program for Aging Services, Inc.
WILLIS	24380		Floyd Co	4	New River Valley Agency on Aging
WILLIS WHARF	23486		Northampton Co	22	Eastern Shore Area Agency on Aging
WILMINGTON	22963	PALMYRA	Fluvanna Co	10	Jefferson Area Board for Aging
WILSONS	23894		Dinwiddie Co	19	Crater District Area Agency on Aging
WINCHESTER	22601		Winchester City	7	Shenandoah Area Agency on Aging, Inc.
WINCHESTER	22602		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
WINCHESTER	22603		Frederick Co	7	Shenandoah Area Agency on Aging, Inc.
WINDMILL POINT	22578	WHITE STONE	Lancaster Co	17/18	Chesapeake Bay Agency on Aging, Inc.

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WINDSOR	23487		Isle of Wight Co	20	Senior Services of Southeastern Virginia
WINGINA	24599		Buckingham Co	14	Piedmont Senior Resources Area Agency on Aging
WINSTON	22701	CULPEPER	Culpeper Co	9	Rappahannock-Rapidan Community Services Board
WINTERGREEN	22958	NELLYSFORD	Nelson Co	10	Jefferson Area Board for Aging
WIRTZ	24184		Franklin Co	12	Southern Area Agency on Aging, Inc.
WISE	24293		Wise Co	1	Mountain Empire Older Citizens, Inc.
WITHAMS	23488		Accomack Co	22	Eastern Shore Area Agency on Aging
WOLFORD	24658		Buchanan Co	2	Appalachian Agency for Senior Citizens, Inc.
WOLFTOWN	22748		Madison Co	9	Rappahannock-Rapidan Community Services Board
WOODBERRY FOREST	22989		Madison Co	9	Rappahannock-Rapidan Community Services Board
WOODBIDGE	22191		Prince William Co	8E	Prince William Area Agency on Aging
WOODBIDGE	22192		Prince William Co	8E	Prince William Area Agency on Aging
WOODBIDGE	22193		Prince William Co	8E	Prince William Area Agency on Aging
WOODFORD	22580		Caroline Co	16	Rappahannock Area Agency on Aging, Inc.
WOODLAWN	24381		Carroll Co	3	District Three Senior Services
WOODS CROSS ROADS	23190		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
WOODSTOCK	22664		Shenandoah Co	7	Shenandoah Area Agency on Aging, Inc.
WOODVILLE	22749		Rappahannock Co	9	Rappahannock-Rapidan Community Services Board
WOOLWINE	24185		Patrick Co	12	Southern Area Agency on Aging, Inc.
WYLLIESBURG	23976		Charlotte Co	14	Piedmont Senior Resources Area Agency on Aging
WYTHEVILLE	24382		Wythe Co	3	District Three Senior Services
YALE	23897		Sussex Co	19	Crater District Area Agency on Aging
YANCEY MILLS	22932	CROZET	Albemarle Co	10	Jefferson Area Board for Aging
YARDS	24605	BLUEFIELD	Tazewell Co	2	Appalachian Agency for Senior Citizens, Inc.
YORKTOWN	23690		York Co	21	Peninsula Agency on Aging, Inc.
YORKTOWN	23692		York Co	21	Peninsula Agency on Aging, Inc.

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YORKTOWN	23693		York Co	21	Peninsula Agency on Aging, Inc.
ZACATA	22581		Westmoreland Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ZANONI	23191		Gloucester Co	17/18	Chesapeake Bay Agency on Aging, Inc.
ZUNI	23898		Isle of Wight Co	20	Senior Services of Southeastern Virginia